



## JAFFA SWEET RED ORANGE AND TOFU CURRY (GF, Vegetarian)

Makes

3

Time

30  
minutes

Level

Simple

Kcal

530  
per portion

### You will need

- 3 x Jaffa Sweet Reds (2 Peeled and Sliced & 1 Juiced)
- 3 x garlic cloves (crushed)
- 2 x green chilis (de-seeded and sliced)
- 1 x onion (diced)
- 3 TBSP tomato purée
- 1 TSP salt
- 1 TBSP curry powder
- 1 TSP chili powder
- 1/2 TSP turmeric
- 2 TBSP maple syrup
- 3 TBSP olive oil or coconut oil
- 1 x handful fresh coriander
- 200g tofu, sliced
- 120g Chickpeas

### Our step-by-step guide

#### Step 1

Heat the oil in a large pan over a medium heat. Add the garlic and onion, cook them until the onions have softened.

#### Step 2

Add the salt, the chilies, and the tomato purée and cook for 2-3 minutes. If the mixture is too thick, add a little water. Add the spices, making sure everything is coated.

#### Step 3

Add the Jaffa Sweet Reds peel and juice, and the maple syrup and cook for 5-10 minutes. Then transfer the mixture to a blender and mix it until it's smooth.

#### Step 4

Return the mixture to the pan and add the tofu and chickpeas. Cook this for a further 5 minutes.

#### Step 5

Remove it from the heat and add the fresh coriander.

#### Step 6

Enjoy!

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