

Mixed bean and tofu one pot vegan delight, with Dilmah red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg.

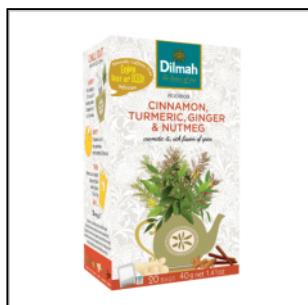


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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Tea Inspired Recipes with Peter Kuruvita

Used Teas



Rooibos Cinnamon,
Turmeric, Ginger &
Nutmeg

Ingredients

Mixed bean and tofu one pot vegan delight, with Dilmah red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg.

- 2 tins mixed beans, reserve the juice in the can
- 100g spiced tofu
- ½ teaspoon cumin seeds
- ½ teaspoon fenugreek seeds
- ½ teaspoon black sesame seeds
- ½ teaspoon dill seeds
- 1 teaspoon garam masala



- 1 teaspoon turmeric powder
- 6-8 small dried red chillies
- 30 ml coconut oil
- Salt
- 2 tea bags Dilmah Red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg Infusion

Methods and Directions

Mixed bean and tofu one pot vegan delight, with Dilmah red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg.

- In a heavy based pan add the oil and all the seeds, cook till fragrant on a medium heat of 2-3 minutes.
- Add turmeric and stir for a few minutes.
- Add beans and tofu and Dilmah infusion and bring to the boil, taste for seasoning and add salt if you like.
- Cook for 8-10 minutes and serve with roti or bread.