

Curried Cream Spinach & Tofu Stew

Source: Mark Bittman's Kitchen Matrix

Prep	Cook	Total
15 min	45 min	1 hr

Serving: 5

If you like saag paneer this is a lighter take that is so satisfying. There is a crazy amount of spinach in this recipe but do not hold back as it is well balanced. Each serving contains almost half of your daily potassium needs + has a host of vitamins including all the Bs.

You can sub 3 boxes of frozen spinach and skip step 1 but you will need to puree the mix before adding the tofu.

Ingredients

3 pounds **fresh spinach** *trimmed*

2 tablespoons **butter**

2 teaspoons **garam masala** *or curry powder*

$\frac{1}{4}$ teaspoon **nutmeg**

2 cups **coconut milk**

$\frac{1}{2}$ cup **plain yogurt**

14 oz **sprouted extra-firm tofu** *cut into 1/2" cubes*

1 large **russet potato** *very thinly sliced*

2 teaspoons **olive oil**

$\frac{1}{4}$ teaspoon **fresh black pepper**

$\frac{1}{2}$ teaspoon **sea salt**

Directions

Heat the oven to 425F. Bring a large pot of water to boil, add the spinach and cook for about 1 minute. Drain, squeeze the moisture from the leaves and roughly chop.

Put the butter, garam masala (or curry powder), and nutmeg in a large saucepan over medium heat and stir. When spices are fragrant add the coconut milk, yogurt, spinach, tofu and 1/2 teaspoon salt. Bring to a boil and cook until spinach has absorbed much of the the liquid; taste and adjust seasoning, then transfer to an ovenproof dish.

Toss potato slices (a mandolin is very helpful for thin slices) with oil and a bit of salt and pepper. Layer them on top of the spinach and tofu without over lapping too much. Bake until the potatoes are golden and crisp, about 25-35 minutes. Scoop into bowls and serve.

Nutritional Information

Amount Per Serving (5 Servings)

Calories: 429 Protein: 19 g Sugar: 3 g Carbohydrate: 29 g Fat: 31 g Cholesterol: 15 mg Sodium: 441 mg Fiber: 8 g