



**If you thought tofu was tasteless and boring, try this dish.**

<b>Muttar Paneer with a difference (made with tofu)</b>		
Serves 6		Skill Level – Easy
		Preparation time: 5 min Cooking time: 15-20 mins
Metric	Imperial	Ingredient
300g	10oz	10oz firm tofu
2 tablespoons		rapeseed oil
1 teaspoon		cumin seeds
1 small onion		chopped
1 Half teaspoon		Chopped Ginger
2		green chillies , finely chopped
200ml	7 fl oz	tomatoes, liquidised
		Salt to taste
Half teaspoon		turmeric powder
Half teaspoon		garam masala
100ml	4 fl oz	water
450g	1 lb	frozen peas
1. Cut the tofu into 2cm cubes and keep aside.		
2. In a wok, add the oil, cumin seeds and onion. Cook until onions soft.		
3. Add the garlic, ginger and green chillies and continue to cook for another 2 minutes.		
4. Add the tomatoes, salt and turmeric and cook for 5 minutes.		
5. Add the tofu pieces and water .Bring to the boil then add the peas. Reduce heat and simmer for 10 minutes. Serve warm with wholemeal pitta bread and green salad.		
Add any cooks tips, or recipe variants		

If you have a favourite recipe that you think makes the grade please share it with us. We will send you a free cholesterol, blood pressure or diabetes patient guide for every recipe we publish. Contact HEART UK at [lm@heartuk.org.uk](mailto:lm@heartuk.org.uk)