



Quinoa and green cabbage curry with fried tofu

Ingredients:

200 g quinoa
 500-600 ml vegetable stock
 500 g green cabbage
 1 medium-sized onion
 3 tbsp sunflower oil
 2 tsp curry powder
 400 ml coconut milk
 Salt, cayenne pepper
 350 g apples, slightly sour
 200 g tofu
 2 tbsp soy sauce
 1 tbsp sesame

Accessories:

Bain-marie
 Ceran hob with pan or induction wok
 Griddle

Preparation:

Thoroughly wash the quinoa in a sieve and drain. Bring 500 ml of stock to the boil, add the quinoa, cover and leave to cook for 15 min over a medium heat. Add more stock if required. Remove the quinoa from the hob, keep it covered and leave to steep for 10 mins. Meanwhile, wash the green cabbage and remove the thick middle ribs. Pluck the leaves off in pieces, wash and leave to drain. Peel the onion and slice into rings. Sweat in 1 tbsp of hot oil. Sprinkle over the curry powder and sweat for 1 min. Pour in the coconut milk and season with salt and cayenne pepper. Add the green cabbage, cover and leave to wilt. Braise for approx. 5-8 mins. Peel the apples, remove the core and dice. Add to the green cabbage and cook for a further 5 mins. Drain the tofu, dice and mix with soy sauce. Fry in hot oil on all sides for 3-4 mins. Sprinkle over the sesame and fry for another minute. Season the curry, add the quinoa and arrange the tofu pieces on top.

Notes:

Work at the front cooking station starts after heating the quinoa in the bain-marie

Preparation time: approx. 45 mins / difficulty level: medium / calories p.p.: approx. 672 kcal

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426 g CO₂ per person

73 % less CO₂ than the average when preparing this recipe.

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