



KUMAR'S

酷玛印度风味Tandoori豆腐配蔬菜什锦

TANDOORI TOFU WITH MIXED VEGETABLES



原材料

- 200克油炸豆腐
- 200克红薯
- 200克茄子
- 200克南瓜
- 200克胡萝卜
- 100克茴香
- 200克印度烧烤酱
- 50克油
- 200毫升蔬菜汤
- 10克香菜碎末

烹饪方法

- 将烧烤酱、蔬菜汤和油混合均匀。将所有蔬菜切成小块，和豆腐一起，加入混合的酱汁。放入预热过的烤箱，以180摄氏度烤20分钟。

其他做法：

- 锅中倒入油，用中火炒蔬菜什锦和豆腐，加入烧烤酱和蔬菜汤，继续烹饪20分钟。
- 装盘时用香菜碎末装饰。



INGREDIENTS

- 200g fried tofu
- 200g sweet potato
- 200g aubergine
- 200g pumpkin or butternut squash
- 200g carrot
- 100g fennel
- 200g tandoori paste
- 50g oil
- 200ml vegetable stock
- 10g chopped coriander

PREPARATION

- Mix together the tandoori paste, vegetable stock and oil.
- Cut all the vegetables into small pieces.
- Add the tandoori mixture to the mixed vegetables and tofu,
- Cook in the oven at 180°C about 20 minutes.

Alternatively:

- Stir fry the vegetables and tofu in the oil, add the tandoori paste and stock and cook for a further 20 minutes.
- Garnish with the chopped coriander.