

Soya Chunks Curry

Soya is a great vegetarian protein commonly used in Indian cuisine as a nutritious alternative to meat. It is rich in dietary fibre, vitamins, and minerals, while being low in unhealthy fats (saturated fats and trans fats). Due to the natural benefit of soya chunks, they are a great choice for plant-based high-protein meals. Try this delicious soya chunks curry recipe to make a flavourful healthy meal!

PREP: 15mins | **COOK:** 25mins | **SERVES:** 4

Ingredients:

- 105 grams (1 ½ cups) soya chunks or firm tofu soaked in hot water until soft
- 245 grams (1 cup) curd yogurt or Greek yogurt, fresh and whisked until smooth
- 2 medium onions finely chopped
- 1.5 grams (½ tsp) each of grated ginger
- 1.5 grams (½ tsp) minced garlic
- 1 green chili finely chopped (adjust to taste)
- 1.6 grams (½ tsp) turmeric powder
- 2.7 grams (1 tsp) coriander powder
- 2.7 grams (1 tsp) red chili powder
- 1 gram (½ tsp) garam masala
- 1 gram (½ tsp) cumin seeds
- 6 grams (2 tbsp) fresh coriander leaves chopped
- 30ml (2 tbsp) olive oil
- pinch of salt
- Water as required for gravy



Instructions:

1. Bring 473ml (2 cups) of water with salt to a boil. Add hot water and soya chunks to a large bowl and let them sit for 10 minutes. Drain the water from the bowl and squeeze any excess water from the soy.
2. Add whisked curd yogurt, turmeric powder, red chili powder, ginger, garlic, and a pinch of salt to the soy chunks. Mix thoroughly and let marinate for 10–15 minutes.
3. Heat 15ml (1 tablespoon) of olive oil to a pan over medium heat then add the chopped onion and green chili. Sauté for 4–5 minutes until the onions soften and turn golden.
4. Remove from heat and use a hand blender to blend the contents of the pan into a smooth paste to be the base of the curry.
5. In the same pan, heat 15ml (1 tablespoon) of olive oil. Add cumin seeds and let them splutter for a few seconds until you can smell them. Pour in the blended curry base and cook on medium heat for 5–6 minutes, stirring occasionally, until the raw smell of the onion disappears and the mixture thickens slightly.
6. Add the soya chunks to the pan and gently mix each chunk until coated with the curry base. Sauté for 3–4 minutes for the chunks absorb the spices.
7. Pour in 118ml (½ cup) of water, if you want the gravy to be thinner, add another 118ml (½ cup) of water. Simmer on low heat with a lid on the pan for 8–10 minutes. Near the end of the simmering, sprinkle garam masala over the curry and stir to combine.
8. Turn off the heat and garnish the curry with fresh coriander leaves. Serve hot with a quarter plate portion of steamed brown rice.

