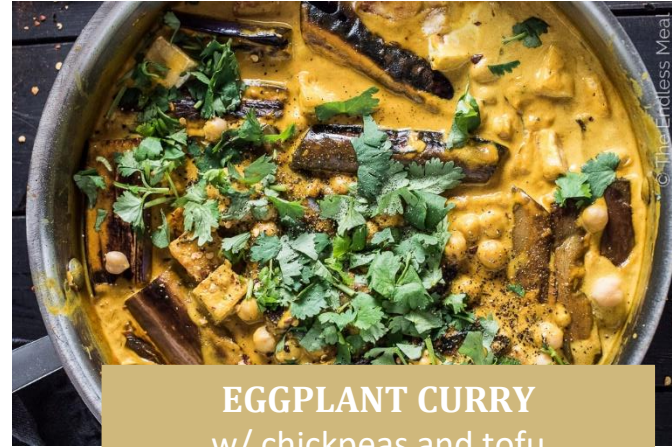


## INGREDIENTS

- 2 tablespoons oil, divided
- 16-oz package medium-firm tofu, cubed and dried with paper towel
- 1-2 eggplants, quartered into 3-inch strips
- 2 tsp onion powder
- 2 tsp ginger powder
- 1 tbsp garlic powder
- 1 tbsp garam masala
- 1 can chickpeas, drained and rinsed
- ½ tsp each: cumin, turmeric, salt
- Optional: ½ – 1 teaspoon chili flakes
- ¼ cup tomato paste
- 14 oz can coconut milk
- 1 cup water
- Cilantro, to serve

## DIRECTIONS

1. Heat ½ tsp of oil in a large, pan over medium-high heat. Add the tofu and pan fry until golden brown on 2 sides, about 5 minutes. Remove from the pan.
2. Heat 1 tsp of oil in the same pan. Brown the eggplant on all sides. Remove the eggplant from the pan.
3. Heat the remaining ½ tsp of oil in the same pan. Add onion powder, garlic, ginger, garam masala, cumin, and turmeric to the pan and let them toast for 1 minute, stirring constantly. Add salt, chili flakes (if using) and tomato paste and cook for 1 minute, stirring constantly.
4. Add the coconut milk and water to the pot, bring it to a boil and stir. Add the eggplant and turn the heat to low. Let the eggplant cook, uncovered, for 12-15 minutes.
5. Stir the chickpeas and tofu into the curry and let them heat through. Serve with some rice and cilantro on top.



## EGGPLANT CURRY w/ chickpeas and tofu

*Clyde's Cupboard*

*Gluten Free | High Protein | Vegan*

Yield:  
4 Servings

Prep Time:  
5 Min

Cook Time:  
30 Min

## NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
451 kcal	22 g	47 g	18 g	20 g