

## Mixed bean and tofu one pot vegan delight, with Dilmah red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg.



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Food  
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Tea Inspired Recipes with Peter Kuruvita

### Used Teas



Rooibos Cinnamon,  
Turmeric, Ginger &  
Nutmeg

### Ingredients

#### Mixed bean and tofu one pot vegan delight, with Dilmah red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg.

- 2 tins mixed beans, reserve the juice in the can
- 100g spiced tofu
- ½ teaspoon cumin seeds
- ½ teaspoon fenugreek seeds
- ½ teaspoon black sesame seeds
- ½ teaspoon dill seeds
- 1 teaspoon garam masala



- 1 teaspoon turmeric powder
- 6-8 small dried red chillies
- 30 ml coconut oil
- Salt
- 2 tea bags Dilmah Red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg Infusion

## Methods and Directions

### **Mixed bean and tofu one pot vegan delight, with Dilmah red Rooibos, Cinnamon, Turmeric, Ginger and Nutmeg.**

- In a heavy based pan add the oil and all the seeds, cook till fragrant on a medium heat of 2-3 minutes.
- Add turmeric and stir for a few minutes.
- Add beans and tofu and Dilmah infusion and bring to the boil, taste for seasoning and add salt if you like.
- Cook for 8-10 minutes and serve with roti or bread.

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