Tofu Tikka Masala

Ingredients
4 tomatoes, cut into thin long strips
1 onion, cut into thin strips
1 tsp tandoori masala
1 tsp dhania (coriander) powder
1 tsp jeera (cumin) powder
1⁄2 tsp amchur (dry mango) powder
1 tsp chili powder
1 T kasoori methi
1 T ginger garlic paste
1⁄2 tsp turmeric
Salt for taste
1 tofu block, air-fired, broiled or plain with water squeezed out
Cilantro, fresh, chopped, for garnish
Lime wedges, for serving

Method
Instant Pot Option – Add 4 tomatoes, cut into thin long strips to Instant Pot. On top of tomatoes, add 1 medium red onion cut into thin strips. Add spices (tandoori masala, dhania powder, jeera powder, amchur powder, chili powder, kasoori methi, ginger garlic paste, turmeric, salt). Set the Instant Pot to 2 mins, Manual mode and Quick Pressure Release.

Pan Option – Sauté onions with a little bit of water at a time. Add tomatoes and all spices until soft.

Both Cooking Options – Blend the mixture using a hand/immersion blender until smooth. Add 1 block of air-fried, broiled, or plain tofu cubes (with water squeezed out). Adjust the spices as needed. Cover and simmer for 2-5 mins or sauté mode in Instant Pot for 2-5 mins. Garnish with fresh cilantro and serve with lime wedges.

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ATLANTA BOTANICAL GARDEN