



# TOFU OR CHICKEN WITH TOMATO AND SHALLOT CHUTNEY

*Start to finish: 20 minutes*

*Serves: 2*

## INGREDIENTS:

1 tablespoon vegetable oil  
1/2 teaspoon cumin seeds, minced  
6 shallots, peeled and sliced  
1 small green chili, minced  
2 tomatoes, roughly chopped  
1/2 teaspoon garam masala  
1/4 teaspoon salt  
1 tablespoon lemon juice  
1/4 cup cilantro leaves  
10 ounces firm tofu, drained and patted dry  
OR two 5-ounce chicken breasts  
2 tablespoons extra virgin olive oil  
Salt and freshly ground black pepper

## DIRECTIONS:

To make the chutney, put the vegetable oil in a small pan over medium heat and add the cumin seeds. Add the shallots and chili and cook for 1 minute. Add the tomatoes, garam masala and salt. Cook until the tomatoes are soft, about 3

minutes. Transfer the mixture to a bowl and add the lemon juice and cilantro. Set aside.

Cut the tofu in half diagonally to make 2 large triangles. Cut each large triangle in half to make 4 smaller triangles. Brush the tofu triangles on each side with the extra virgin olive oil. Season with salt and pepper. Cook the tofu in the pan for 2 minutes on each side. Carefully transfer the tofu to a serving platter.

If using chicken instead of tofu, season the chicken with extra virgin olive oil, salt and pepper and cook in the pan for 4 to 5 minutes on each side, turning frequently so that it is cooked through and evenly.

Spoon the chutney over the tofu or chicken and serve.