

Cook Along with MEATLESS MONDAY NEEDHAM

Ingredient List

Tofu Meatball Korma, adapted from recipe from *Ottolenghi Flavor*

Compiled by Jessica Weiss, Cooking Instructor

(serves 4)

1/2 red onion
2 tbsp lemon juice
Pinch of salt
1/2 cup walnuts

2 tbsp olive oil
10 oz pack baby bella mushrooms (sub white if you cannot get baby bella)
2 16 oz packages of extra firm tofu
7 minced garlic cloves
2 tbsp tahini (sub almond or sun butter if you don't have tahini)
1 tbsp soy sauce
8 green onions (scallions) thinly sliced
1/2 cup chopped cilantro (sub parsley if you cannot get or don't like cilantro)
Salt and pepper to taste

1 tsp ground cardamom (sub additional 1/2 tsp cumin and 1/2 tsp coriander)
2 tsp cumin
2 tsp coriander
3 cups water
1 small (4 oz) can diced green chilis
1/2 tsp cinnamon
1 can (14 oz) diced tomatoes