

# Vegan Japanese Curry

Recipe recommended by ANISSA LEE  
Nutrition Student @ University of Nottingham



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	315 kj	4%
Energy (kcal)	75 kcal	4%
Fat	3.8g	5%
of which saturates	0.9g	5%
Carbohydrate	5.1g	2%
of which sugars	0.9g	1%
Fibre	1.4g	6%
Protein	4.6g	9%
Salt	0.35g	6%

Generated by Nutritics v5.61 on 17/08/2022

### INGREDIENTS: (Serves 2 - 279 kcal per 371g serving)

- 1 Tablespoon Oil, olive
- 213g Potatoes, raw, flesh only, 1-inch cubes
- 500g Boiled water
- 125g Aubergine, raw, 1-inch cubes
- 92g Broccoli, green, raw, 1-inch cubes
- 348g Tofu, raw, firm, 1-inch cubes (**SOYA**)
- 50g Japanese curry cubes (**GLUTEN**)

### OPTIONAL EXTRAS:

- 1 Tablespoon Sesame seeds (**SESAME**)

### METHOD:

1. Heat olive oil to a pot and stir fry potatoes for 5 minutes
2. Add boiled water and let it simmer for 5 minutes
3. Add broccoli and aubergine and let it cook for 5 minutes
4. Add in the tofu and Japanese curry cubes. Use a wooden spoon to stir in order to ensure the cubes dissolve completely in the water.
5. Allow it to simmer for another 5 minutes or until it thickens.
6. Serve with sesame seeds if desired and enjoy!

### ALLERGENS



SOYA



GLUTEN



SESAME

### MODIFY

Serve with rice

### CREDIT

Recipe by: Anissa Lee  
Photo by: Anissa Lee