

australian
bush spices



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Orange Bush Curry

Orange Vegetable Tofu Curry

1 tablespoon macadamia oil
1 onion, finely chopped
2 tablespoons **ORANGE** Australian Bush Spice
300g firm tofu, cubes
250g orange sweet potato, peeled and cubed
1 carrot, peeled and sliced
1 zucchini, sliced
1 red capsicum, cubed
400g can peeled chopped tomatoes
1 tablespoon sugar
¼ cup Greek style yoghurt
2 tablespoons chopped fresh coriander

1. Heat the macadamia oil in a pan, add the onion and cook over a medium heat for 5 minutes or until soft and golden.
2. Add the Orange and tofu and cook until the tofu is browned.
3. Add the vegetables, tomatoes and sugar, bring to boil, cover and cook for 20 minutes or until the vegetables are soft.
4. Stir in the yoghurt coriander and serve.

Serves 4