

ONE POT CURRIED MUSHROOM, LEEK, SMOKED TOFU & RICE DISH [V. & GF]

Serves: 4

Prep: 10-15 mins

Cooking Time: 25-30 mins

Type: Main Meal

Tools: Chopping board, sharp knife, large bowl, colander, non-stick/large frying pan with lid, frying spatula

Courtesy of: Eat2Health Blog



One pot wonders (well, technically we've used a pan!) are great for when you are short on time, don't have a lot left in the cupboards and/or don't fancy cleaning up a lot of dishes. This is a no thrills, one pan, let's get down to it dinner! It's quick, simple, tasty and easily feeds four people! With the use of your favourite curry spice, hearty brown rice, delicious leek, some meaty chestnut mushrooms, marinated tofu, tender peas and a bunch of spinach for some extra colour and added nutritional value... you'll have a great, little, no nonsense dish in no time at all! So ready, set, cook everyone!

Ingredients

200g	Leek	10-12g	Mild curry powder (or your fav curry paste!)
6-8g	Garlic clove		Salt and ground black pepper
60g	Brown Onion	250g	Brown basmati rice
1 tbsp	Grated ginger root (*optional)	110g	Frozen Peas
200g	Green bell pepper (*optional)	600ml	Vegetable stock (low-salt/DF/GF)
250g	Chestnut mushrooms	16-20g	Fresh coriander
15ml	Rapeseed oil	140g	Baby spinach
160g	Smoked tofu		Toasted/unsalted cashews or almonds, crushed

**NB: If your curry paste has a lot of ginger, omit fresh variety.*

Directions

1. Trim the ends off the leek; slice it vertically into two halves and then horizontally into thin slices. Place all of the chopped leek into a large bowl; fill with cold water, swish it around (separating the layers) and then leave it to soak. Peel and mince the garlic. Peel and finely chop the onion. Wash, peel and grate the ginger. Wash, remove the stem and core and then chop the bell pepper into ½ cm pieces. Gently wash and clean the mushrooms; slice them into quarters. If applicable, chop the tofu into bite-size pieces/cubes (ours was pre-chopped).
2. Drain the leek into a colander. Thoroughly rinse under running cold water to remove any remaining dirt. Leave to drain.
3. Heat 1 tbsp rapeseed oil (or use a little low-fat cooking oil instead) in a large, non-stick frying pan over a medium-low heat. Add the garlic, onion and ginger. Gently fry for 1-2 mins or until softened. Add the leek, bell pepper and mushrooms. Cover with a lid and gently fry for 3 mins; stirring occasionally. Add the tofu. Gently fry for 4 mins. Add 10-12g curry powder or paste.

Season it with a little salt and a few grinds of black pepper to taste. Stir to coat. Gently fry for a further 30 secs or until fragrant. Add the rice. Stir to coat. Add the peas. Pour in 600ml vegetable stock. Stir to thoroughly combine. Cover with a lid. Bring to a boil. Simmer and cook for 20-25mins or until the rice has absorbed all of the water and is cooked. **Tip:** *If you are using a different type of rice, your cooking time might vary.*

4. In the meantime, wash the coriander; remove the leaves from the stems and roughly chop them. If applicable, place the spinach into a colander and rinse it under cold running water. Allow to drain.
5. Remove the pan from the heat when it has finished cooking. Place the spinach on top of the rice. Cover with the lid. Allow the spinach to wilt over the rice (this will take about 5-6 mins. **Tip:** *Alternatively steam the spinach in a steamer pot or wilt the spinach in a colander with some freshly boiled water; add it to the dish when it has finished cooking, or serve your rice over a layer of raw spinach!*
6. Remove the cover. Add the coriander. Stir the spinach and coriander through the rice. Serve in a large serving bowl. Garnish with some additional coriander, sliced salad tomato and/or some toasted nuts if preferred.

Tip: *Refrigerate any leftover rice in a resealable container (ideally within an hour after cooking); reheat and consume within 1-2 days. Alternatively freeze the rice in one or more resealable containers; defrost, reheat and consume within 1-2 months. NB: When reheating, always check to make sure the rice is steaming hot all the way through and do not reheat the rice more than once.*

Enjoy!

Notes:

- We have instructed our own personal way of cleaning and preparing leek; we think it's quicker to soak it than to scrub all of the layers. However, as everyone has their own way of doing things, so please feel free to wash the leek using your preferred method!
- As far as seasonality goes, leeks and mushrooms are in season but fresh spinach and peas are not! If preferred, you can stick to using frozen peas and spinach; just dice the frozen spinach cubes into small pieces and add it to the dish the same time as the peas.
- You might have to adjust the cooking time of your tofu, depending on your brand/type. Alternatively if you do not want to use tofu, you could always swap it for some cooked chickpeas or beans.

- Unfortunately we didn't have any cashews or almonds on hand, but think that some toasted (and crushed) cashews or almonds would make a tasty addition; it would give the dish a little added crunch and texture that some of you might prefer.
- We think that fresh ginger and a bell pepper would also compliment this dish, so we have added them to the list of ingredients.
- As we used a mild curry powder, the dish was just that. We might try using a spicier curry paste next time, another brand of curry powder, or even try adding a whole serrano chilli or some chilli flakes to the dish to give just a little extra heat. However, if you are using a hot curry powder- you might want to use less of it. It all depends on your curry spice mix and how much you generally like using; some have overpowering components but ours was mild (with no added salt) so we were quite generous with it.
- With this type of dish, unless you use a 'starchier' rice such as arborio or carnaroli, it can be a little dry. This dish is similar to 'kedgeree' (which can also be dry) unless you add some cream, butter or a fair bit of oil. This can be another delicious reason to garnish it with juicy tomatoes, avocado or your own homemade, creamy coriander and cashew 'blender' dressing; something simple using: soaked cashews, coriander, lemon juice, salt pepper and a little garlic all blitzed in your blender!
- If you are using a type of rice that finishes cooking off the heat, then you might be better off steaming your spinach separately or adding it straight into the pan once your rice has finished steaming; as no one likes needs or appreciates undercooked rice!