

Vegan Tofu and Red Lentil Shakshuka



Time: 30 min.

Difficulty: Easy

Ingredients (4 People)

• Ingredients

- Organic Strained Tomatoes 750g 750 gr
- Black salt (kala namak) or coarse sea salt To taste
- Chopped parsley leaves ½ cup
- Cloves garlic 3 minced
- Cooked couscous (or quinoa, rice, millet, pita wedges) For serving
- Dry red lentils, rinsed ½ cup
- Extra firm tofu, pressed if possible 1 block
- Freshly ground black pepper ¼ teaspoon, plus extra for the tofu
- Ground coriander 1 teaspoon
- Ground cumin ½ teaspoon
- Olive oil 1 tablespoon, plus extra for searing the tofu
- Salt ¾ teaspoon
- Water ¼ cup
- White or yellow onion 1 chopped

For this recipe we used:



Preparation

Heat the olive oil in a large, deep skillet (one with a lid) over medium heat. When the oil is shimmering, add the onion. Cook for 5-7 minutes, stirring frequently, or until the onion is soft and clear. Add the garlic and cook, stirring constantly, for another 1-2 minutes, or until the garlic is very fragrant.

Add the **Organic Strained Tomatoes**, water, coriander, cumin, salt, pepper and lentils to the skillet. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 20 minutes, or until the lentils are tender. Stir the mixture halfway through simmering to prevent the lentils sticking to the bottom of the skillet.

While the tomato mixture cooks, cut the tofu in half crosswise. Cut each piece into four pieces, so that you have a total of eight rectangular slabs. Heat a teaspoon of oil in a medium sized frying pan over medium heat. When the oil is hot, add the tofu. As the tofu cooks, sprinkle each side with kala namak or sea salt, as well as a few cracks of black pepper. When the bottom of the tofu is nicely browned (about 3 minutes), flip the pieces over and season the other side, adding a little extra oil as needed. Once the tofu is browned on both sides, remove the pan from heat.

When the tomato and lentil mixture is ready, stir in the chopped parsley, as well as a little extra water if the sauce seems very thick and extra salt and pepper to taste. To serve, top the tomato and lentils with the tofu pieces. You can bring the skillet directly to the table and serve the dish with fresh pita wedges, cooked couscous, or another cooked grain of choice.

Recipe by Gena Hamshaw of [The Full Helping](#)

- *The Full Helping*