

Springtime Bagel

2 Bagels

Sunflower oil for frying

100 g marinated Tofu, sliced

1 garlic clove

1 tbsp curry paste or 1 teaspoon of curry powder

75 g sweet corn

50 g sugar peas

½ red pepper, sliced

150 ml vegetable bouillon

4 tbsp coconut flakes

Fresh coriander or paisley for garnishing

Preparation:

Heat the oil and fry the tofu for about 3-5 minutes. Dry the tofu with paper towel. Fry the chopped garlic in the oil for 1 minute. Then stir the curry paste and let it cook slowly for one more minute.

Add the vegetables and cook them for 5 minutes. Then add the bouillon and the coconut flakes, let the mix cook slowly within 5 more minutes, until the sauce is thickened. Finally, put the tofu and the fresh coriander leaves into the mix and cook it for 1 minute.

Put the mix on the bagel slices and garnish with coriander. .

Enjoy your meal!

