



Vegan tofu katsu curry Free Recipe 10042025

Description

Recipe

Vegan tofu katsu curry

Make the sauce for this tofu katsu curry recipe ahead of time so that all you have to do before dinner is breadcrumb the tofu and quickly fry it.

Each serving provides 802 kcal, 23g protein, 45g carbohydrates (of which 10g sugars), 58g fat (of which 10g saturates), 5.5g fibre and 1.7g salt.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 2 garlic cloves, sliced 15g/½oz fresh root ginger, peeled and finely chopped 1 tsp thin strips fresh root ginger 1 onion, finely chopped 1 spring onion, thinly sliced on the diagonal Tins, packets and jars 15g/½oz plain flour freshly cooked rice Cooking ingredients flaked sea salt and freshly ground black pepper 1 tsp soft light brown sugar 2 tbsp cornflour 1 tsp medium curry powder 6 tbsp sunflower or groundnut oil ½ tsp ground star anise or Chinese five-spice 2 tbsp sunflower oil 2 tsp tomato purée ½ tsp ground turmeric 275ml/9½fl oz vegetable stock (made with ½ cube) Dairy, eggs and chilled 280g/10oz extra-firm tofu, well drained 25g/1oz coconut yoghurt Other 40g/1½oz panko breadcrumbs or dry white breadcrumbs<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Category

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Tags

1. Vegan
2. firm tofu
3. tomato purée
4. root
5. Vegan tofu katsu curry
6. salt
7. medium curry powder
8. garlic cloves
9. spring onion
10. soft light brown sugar
11. sugar
12. cloves
13. panko breadcrumbs
14. sea salt
15. ground
16. coconut yoghurt
17. rice
18. turmeric
19. extra-firm tofu
20. garlic
21. star anise
22. vegetable stock
23. pepper
24. curry powder
25. vegetable
26. onion
27. fresh root ginger
28. stock
29. black pepper
30. root ginger
31. ground turmeric
32. yoghurt
33. sunflower oil
34. purée
35. Dairy-free
36. brown sugar
37. plain flour
38. Chinese five-spice
39. Egg-free
40. cornflour
41. flour
42. groundnut oil
43. Pregnancy-friendly
44. tomato

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- 45. ginger
- 46. flaked sea salt
- 47. Vegetarian
- 48. freshly cooked rice
- 49. freshly ground black pepper
- 50. freshly
- 51. Tofu
- 52. cooked rice
- 53. ground black pepper
- 54. plain

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