

Tofu Saag with Spinach, Black Rice & Toasted Almonds

A warm, fragrant twist on a classic saag — tender tofu simmered in a creamy spinach sauce with aromatic spices, finished with a bright squeeze of lemon and a sprinkle of toasted almonds. Served over nutty black rice for added protein, fiber, and a beautiful color contrast. This plant-forward Protein Flip™ dish balances flavor, texture, and nutrition in every bite.



Recipe:

Ingredients:

1 cup uncooked black rice (makes about 2 cups cooked)

1 tbsp avocado oil

1 yellow onion, chopped

3 garlic cloves, minced

1-inch piece fresh ginger, grated

1 serrano chile, chopped (optional)

2 tsp garam masala

1/2 cup water or vegetable broth

1 (14 oz) block extra-firm tofu, cubed

1/2 tsp salt

1/4 tsp black pepper

6 cups fresh spinach (or 1 package frozen, thawed)

1/3 cup plain Greek yogurt

Juice of 1/2 lemon

2 tbsp sliced almonds, toasted

Directions:

Cook the rice: Rinse black rice under cool water. In a saucepan, combine with 2 cups water and a pinch of salt. Bring to a boil, reduce heat to low, cover, and cook until tender, about 30–35 minutes. Fluff and keep warm.

Prepare the aromatics: In a large skillet, heat avocado oil over medium heat. Add onion and cook, stirring occasionally, until softened and golden, about 5 minutes.

Build the flavor base: Stir in garlic, ginger, serrano chile (if using), and garam masala. Cook for 1 minute, stirring constantly, until fragrant.

Simmer the tofu: Add water or vegetable broth, then gently add tofu cubes. Stir to coat and let simmer for 5–6 minutes so the tofu absorbs the spices.

Wilt the spinach: Add spinach in batches, stirring after each addition until just wilted.

Make it creamy: Reduce heat to low. Stir in Greek yogurt, lemon juice, salt, and pepper until combined. Simmer gently for 2–3 minutes to thicken slightly. Avoid boiling to prevent curdling.

Finish & serve: Spoon 1/2 cup cooked black rice into each bowl, top with tofu saag, and sprinkle with toasted almonds.

Photography Note: The website photo currently shows the dish served over white rice. The updated recipe uses **black rice** for extra nutrition and visual appeal.

