

JEN'S CURRIED TOFU WITH PEAS AND CASHEWS
(slightly modified from [*Jennifer Guerrero's blog*](#))

Heat oven to 350 degrees F.

1 pound extra firm tofu
2 Tablespoons peanut butter
2 Tablespoons soy sauce
1 Tablespoon curry powder
1 teaspoon onion powder
½ teaspoon pepper
2 Tablespoons honey
¼ cup water
2 cups vegetable stock or water
2 tablespoons cornstarch
2 cups peas (frozen is fine)
1/2 cup cashews (lightly toasted)

optional:

poached chicken breasts, sliced thin

Slice the tofu in a checkerboard pattern and then right across its equator as you see in my composite picture after the recipe. Wrap in plenty of paper towels and put a heavy pan on it to drain while you do the rest of the preparation of the recipe.

In a medium bowl, whisk the peanut butter with the soy sauce, then add the spices, honey and water. Toss with the drained tofu, coating nicely. Spray a baking sheet generously with cooking spray, tip the tofu on in a single layer, and bake for 30 minutes, flipping them over at halftime.

Whisk together in a saucepan the vegetable broth and the cornstarch. Turn the heat to medium, and when the stock is simmering, add the tofu along with the peas and cashews. If using chicken, add it now. Stir until it is all lightly thickened, and serve over rice or riced cauliflower.