

## What's in the Bag

1 block firm tofu  
2 yellow onions  
1 can tomatos  
1 can coconut milk  
4-5 cloves garlic  
1 30g knob ginger  
1 lemon  
3 green onions

1 small bunch cilantro  
300 grams basmati rice  
Tofu marinade spices (1  
tbsp ground cumin, 1 tbsp  
turmeric)  
Spices (1 cinnamon stick, 1  
tsp paprika, 1 tsp chili  
powder, 1 tsp turmeric)

## What's Not

butter, ghee or neutral oil  
salt