

## Tofu Curry with Mustard Greens

**1 pound extra-firm tofu, drained/patted dry, then cut into 1/2-inch cubes**  
**3 tablespoon plus 2 teaspoon olive oil**  
**3/4 teaspoon sea salt, plus more as needed**  
**1/4 teaspoon mustard seed**  
**1 medium onion, finely chopped**  
**3 cloves garlic, minced**  
**2 tablespoons minced fresh ginger**  
**1 1/2 teaspoons ground turmeric**  
**1/2 teaspoon ground cumin**  
**1/2 teaspoon ground cardamom**  
**1/2 teaspoon chili powder**  
**1/4 teaspoon pepper**  
**1 tablespoon chunky peanut butter**  
**14 oz canned diced tomatoes, with juices**  
**1 jalapeño pepper, stemmed, seeded and minced**  
**3 cups vegetable broth**  
**1 bunch mustard greens, stemmed and cut into bite-size pieces**  
**2 bay leaves**  
**2 tablespoons chopped cilantro, for garnish**

### **Directions:**

Preheat the oven to 450 degrees. Combine the tofu, 2 teaspoons of the oil and 1/4 teaspoon of the salt in a mixing bowl. Gently toss to coat. Transfer to the baking sheet, spreading the tofu in a single layer. Roast until the tofu feels even firmer, about 30 minutes, turning the cubes over about halfway through. Meanwhile, pour the remaining 3 tablespoons of oil into a large saute pan over medium heat. Add the mustard seeds and cook, shaking the pan occasionally, until they pop, 2 to 3 minutes. Add the onion, garlic, ginger, turmeric, cumin, cardamom, chili powder, black pepper and the remaining 1/2 teaspoon of salt; cook until fragrant, 2 minutes. Stir in the peanut butter until well incorporated, then stir in the tomatoes and their juices, jalapeño, broth, mustard greens and bay leaves. Once the mixture starts to boil, reduce the heat to medium-low, partially cover and cook, stirring occasionally, for 20 minutes. Gently stir in the roasted tofu and cook, uncovered, for 10 minutes. Discard the bay leaves. Taste and season with more salt and black pepper, if desired. Serve hot, garnished with the cilantro.

## Veal or Beef Meatballs with Mustard Greens

- 1/4 cup extra-virgin olive oil**
- 1 cup minced onion**
- 2 garlic cloves, minced**
- 1/2 teaspoon ground fennel seeds**
- 1/4 teaspoon mustard powder**
- 1/4 teaspoon crushed red pepper**
- 1/4 teaspoon ground coriander**
- 1/4 teaspoon chipotle or other smoked chile powder**
- 1 pound ground veal or ground beef**
- 1/2 cup fresh bread crumbs**
- 1/4 cup heavy cream**
- 1 large egg, lightly beaten**
- 1/2 teaspoon kosher salt**
- 1/2 pound mustard greens, thick stems discarded and leaves chopped**
- 1/3 cup chicken stock or low-sodium broth**

### Directions:

In a medium skillet, heat 2 tablespoons of the olive oil until shimmering. Add the minced onion and cook over moderately high heat, stirring occasionally, until softened and starting to brown, 5 minutes. Stir in the minced garlic, the fennel seeds, mustard powder, crushed red pepper, coriander and chile powder and cook, stirring, until fragrant, about 2 minutes; let cool.

In a large bowl, mix the cooled onion mixture with the veal/beef, bread crumbs, cream, egg and salt. Form into 1 1/2-inch meatballs and transfer to a rimmed baking sheet.

In a large skillet, heat the remaining 2 tablespoons of olive oil until shimmering. Add the meatballs and cook over moderately high heat, turning, until browned all over, 5 minutes. Gently push the meatballs to one side of the skillet. Spoon off all but 2 tablespoons of the fat from the pan, then add the mustard greens and stock. Cover and cook over moderate heat until the greens are wilted, 4 minutes. Spoon the meatballs and greens into bowls and serve.

### Make Ahead

The meatballs can be prepared through Step 2 and refrigerated overnight. Bring to room temperature before proceeding.

Recipe Credit: [foodandwine.com](http://foodandwine.com)