



Crispy Tofu & Southeast Asian Coconut Sauce

with Veggies, Garlic Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Green Beans



Baby Broccoli



Asian Greens



Firm Tofu



Cornflour



Vegetable Stock Powder



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Coriander



Crushed Peanuts



Chilli Flakes (Optional)

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Spicy (optional chilli flakes)

Plant Based

Our firm tofu is coated in cornflour for ultimate crispiness when cooked. Then, we've teamed it with a dazzling coconut sauce made using Sri Lankan-style spices, plus steamed rice flavoured with fragrant garlic. When you serve this up, everyone will be singing your praises!

Pantry items

Olive Oil, Plant-Based Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
green beans	1 bag (100g)	1 bag (200g)
baby broccoli	1 bag	1 bag
Asian greens	1 head	2 heads
firm tofu	½ packet	1 packet
cornflour	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	½ packet	1 packet
coconut milk	1 tin (165ml)	2 tins (330ml)
coriander	1 bag	1 bag
crushed peanuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	704kJ (168Cal)
Protein (g)	26.3g	5.2g
Fat, total (g)	45.5g	8.9g
- saturated (g)	25.6g	5g
Carbohydrate (g)	80.1g	15.7g
- sugars (g)	8.2g	1.6g
Sodium (mg)	847mg	166mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the tofu

Return the frying pan to a medium-high heat with enough **olive oil** to cover the base of the pan. Cook the **tofu**, tossing occasionally, until browned and warmed through, **3-4 minutes**. Transfer to a plate lined with paper towel.



Get prepped

While the rice is cooking, trim the **green beans** and **baby broccoli**. Roughly chop the **Asian greens**. Pat the **firm tofu** (see ingredients) dry and cut into bite-sized chunks. In a shallow bowl, combine the **cornflour** (see ingredients) and **vegetable stock powder**. Add the **tofu** and gently toss to coat.



Make the sauce

Wipe out the frying pan and return to a medium heat with a drizzle of **olive oil**. Cook the **Sri Lankan spice blend** and **tomato paste** (see ingredients), stirring, until fragrant, **1 minute**. Add the **coconut milk** and simmer until slightly thickened, **1-2 minutes**. Remove from the heat.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans** and **baby broccoli**, tossing, until tender, **4-5 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

Roughly chop the **coriander**. Divide the garlic rice between bowls. Top with the veggies and crispy tofu. Spoon over the coconut sauce. Garnish with the coriander, **crushed peanuts** and a pinch of **chilli flakes** (if using) to serve.

Enjoy!