

Thai Green Tofu Curry & Garlic Rice

with Peanut & Cashew Mix

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Broccoli



Carrot



Sweetcorn



Green Curry Paste



Ginger Paste



Coconut Milk



Roasted Peanut & Cashew Mix



Herbs



Peking Marinated Tofu

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Plant Based

This dish not only looks cosy, it will warm your stomach too. The tofu is cooked in a lavish curry with veggies, ginger, soy sauce and a tonne more hidden tasty gems. Soak up those scrumptious flavours with a garlic infused rice to really make sure not one bit of this dish is left behind.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Soy Sauce

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	3 cloves	6 cloves
plant-based butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
onion	1 (medium)	1 (large)
broccoli	½ head	1 head
carrot	1	2
sweetcorn	½ tin	1 tin
Peking marinated tofu	½ packet	1 packet
green curry paste 🌶️	½ packet	1 packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 box (200ml)	2 tins (330ml)
brown sugar*	½ tbs	1 tbs
soy sauce*	½ tbs	1 tbs
water* (for the curry)	½ cup	¾ cup
roasted peanut & cashew mix	1 packet	2 packets
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3605kJ (862Cal)	534kJ (128Cal)
Protein (g)	25.2g	3.7g
Fat, total (g)	41.6g	6.2g
- saturated (g)	24.2g	3.6g
Carbohydrate (g)	93.3g	13.8g
- sugars (g)	20.5g	3g
Sodium (mg)	1603mg	237mg

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.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW28

1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat **plant-based butter** and a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1 minute**.
- Add **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

3



Cook the curry

- **SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **tofu**, tossing occasionally, until browned and warmed through **3-5 minutes**. Transfer to a plate.
- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **onion, broccoli, carrot** and **sweetcorn**, tossing, until tender, **6-7 minutes**.
- Add **green curry paste** (see ingredients), **ginger paste** and remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Add **coconut milk**, the **brown sugar, soy sauce** and **water (for the curry)**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Return **tofu** to the pan, stirring until combined.

2



Get prepped

- While the rice is cooking, roughly chop **onion**. Cut **broccoli** (see ingredients) into small florets, then roughly chop stalk. Thinly slice **carrot** into half-moons. Drain the **sweetcorn** (see ingredients).
- Drain **Peking marinated tofu** and pat dry with paper towel. Cut **tofu** into 2cm chunks.

4



Serve up

- Divide garlic rice between bowls. Top with Thai green tofu curry and veggies.
- Garnish with **roasted peanut & cashew mix**. Tear over **herbs** to serve. Enjoy!

Rate your recipe

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