



Everything
But The Chef

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Tofu, Sweet Potato & Kaffir Lime Curry

This authentic coconut curry will allow you to recreate an ideallic, balmy evening in the heart of South East Asia. We've used aromatic kaffir lime leaves to conjure up a perfectly fragrant dish - you'll be transported from your kitchen to the tropics with their citrus tasting notes and fresh aroma.

Pantry Items: Water, Vegetable Oil

- Prep:** 15 mins
- Cook:** 30 mins
- Total:** 45 mins
- level 1**
- spicy**
- vegan**
- gluten free**
- lactose free**



Brown Rice



Firm Tofu



Red Onion



Ginger



Kaffir Lime Leaves



Yellow Curry Paste



Coconut Milk



Sweet Potato



Green Beans



Lime



Coriander

2P	4P	Ingredients
⅔ cup	1 ⅓ cups	brown rice
1 ½ cups	3 cups	water *
1 tbs	2 tbs	vegetable oil *
½ block	1 block	firm tofu, cubed
½	1	red onion, finely sliced
1 knob	2 knobs	ginger, peeled & finely grated
½ tbs	1 tbs	yellow curry paste
1 tin	2 tins	coconut milk
1	2	sweet potato, peeled & cut into 2 cm cubes
1 bag	2 bags	green beans, trimmed & cut into thirds
2	4	kaffir lime leaves
1	2	lime, cut into cheeks
1 bunch	2 bunches	coriander leaves, to garnish

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	4220	Kj
Protein	33.3	g
Fat, total	50.3	g
-saturated	26	g
Carbohydrate	92.4	g
-sugars	13	g
Sodium	1440	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes come in all shapes and sizes, we may supply you with two small ones; please use both in this recipe.



You will need: chef's knife, chopping board, grater, sieve, medium saucepan with lid, large wok or deep frying pan, and plate.

1 Place the **brown rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Place the brown rice, **water** and a pinch of **salt** in a medium saucepan and bring to the boil. Cover with a lid, reduce the heat and simmer for **25-30 minutes** or until the rice is tender and the water has absorbed.



2 Meanwhile, add half of the **vegetable oil** to a large wok or deep frying pan. Add the **tofu** and cook stirring for **3-4 minutes** or until golden on each side. Transfer to a plate. Add the remaining vegetable oil and the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **ginger** and **yellow curry paste** and cook, stirring for **1 minute** or until fragrant. Add the **coconut milk** and **sweet potato**. Bring to the boil. Reduce heat to medium-low and simmer for **10 minutes**, or until sweet potato is just tender. (If your curry is too thick at this stage you can add some water to adjust the consistency). Add the tofu pieces and **green beans** and simmer for a further **3 minutes** or until the beans are just tender.



3 Remove the stems from the **kaffir lime leaves** and slice them finely. Stir them through the curry. You can adjust seasoning to your taste with a little sugar or soy sauce, if you like. Remove from the heat.

4 To serve, divide the rice and curry between bowls. Top with a cheek of **lime** and the **coriander**.



Did you know? The juice of the kaffir lime fruit was believed to expel evil spirits and refresh your mental outlook.