



Satay Tofu & Veggie Thai Red Curry

with Garlic Rice & Pickled Onion

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Bamboo Shoots



Red Onion



Malaysian Tofu



Mild Thai Red Curry Paste



Coconut Milk



Greek-Style Yoghurt



Crushed Peanuts



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Tender tofu is one of our favourite ingredients for soaking up bold Thai flavours. In this plant-based dish, the peanuty Malaysian tofu works a treat with the creamy, zingy sauce and fluffy rice.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Soy Sauce, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
bamboo shoots	½ tin	1 tin
red onion	1	2
Malaysian tofu	1 block	2 blocks
vinegar* (white wine or rice wine)	¼ cup	½ cup
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3597kJ (860Cal)	586kJ (140Cal)
Protein (g)	23.8g	3.9g
Fat, total (g)	39.2g	6.4g
- saturated (g)	22.5g	3.7g
Carbohydrate (g)	97.3g	15.9g
- sugars (g)	30.1g	4.9g
Sodium (mg)	2678mg	437mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3687kJ (881Cal)	543kJ (130Cal)
Protein (g)	47.7g	7g
Fat, total (g)	35.6g	5.2g
- saturated (g)	22.4g	3.3g
Carbohydrate (g)	89.1g	13.1g
- sugars (g)	24.1g	3.6g
Sodium (mg)	2324mg	343mg

The quantities provided above are averages only

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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



1



Make the rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from 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!

4



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**. Transfer to a bowl.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Cut **bamboo shoots (see ingredients)** into bite-sized chunks.
- Thinly slice **red onion**.
- Cut **Malaysian tofu** into 2cm chunks.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks.

5



Make the curry

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **carrot**, **bamboo shoots** and the remaining **onion**, stirring, until softened, **4-5 minutes**.
- Reduce heat to medium, then add the remaining **garlic** and **mild Thai red curry paste (see ingredients)** and cook until fragrant, **1-2 minutes**.
- Add **coconut milk**, the **water (for the curry)**, **soy sauce**, **brown sugar** and **tofu** and simmer until slightly thickened, **2-3 minutes**.

Custom Recipe: Return chicken to the pan with coconut milk, the water (for the curry), soy sauce and brown sugar, as above.

3



Pickle the onion

- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch half of the sliced **onion** in your hands, then add it to **pickling liquid**. Add enough water to just cover onion. Set aside.

6



Serve up

- Drain the pickled onion.
- Divide garlic rice between bowls and spoon over Thai-style tofu and veggie red curry.
- Top with pickled onion, a dollop of **Greek-style yoghurt** and **crushed peanuts** to serve. Enjoy!

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