



Japanese Crumbed Tofu & Golden Curry

with Corn Rice & Spring Onion

NEW

Grab your Meal Kit with this symbol



Sweetcorn



Jasmine Rice



Potato



Carrot



Spring Onion



Katsu Paste



Coconut Milk



Sweet Soy Seasoning



Everything Garnish



Panko Breadcrumbs



Japanese Tofu



Japanese Tofu

Prep in: 25-35 mins
Ready in: 35-45 mins

This golden tofu dish comes together in six surprisingly simple steps, partly thanks to some shortcut ingredients. Wait till you try the coconut sauce; it's creamy and umami with a touch of sweetness and zing, and the fragrant rice soaks it up beautifully.

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

Pantry items

Olive Oil, Butter, Brown Sugar, Plain Flour, Egg

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 lid · Large saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
potato	1	2
carrot	1	2
spring onion	1 stem	2 stems
katsu paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
water* (for the curry)	⅓ cup	⅔ cup
brown sugar*	1 tsp	2 tsp
plain flour*	½ tbs	1 tbs
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
everything garnish	1 sachet	2 sachets
panko breadcrumbs	½ medium packet	1 medium packet
Japanese tofu	1 packet	2 packets
Japanese tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4361kJ (1042Cal)	734kJ (175Cal)
Protein (g)	36.1g	6.1g
Fat, total (g)	44.1g	7.4g
- saturated (g)	23.5g	4g
Carbohydrate (g)	119.2g	20.1g
- sugars (g)	16.8g	2.8g
Sodium (mg)	2430mg	409mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5082kJ (1215Cal)	732kJ (175Cal)
Protein (g)	50.7g	7.3g
Fat, total (g)	54.3g	7.8g
- saturated (g)	25.3g	3.6g
Carbohydrate (g)	123.8g	17.8g
- sugars (g)	19.1g	2.8g
Sodium (mg)	2900mg	418mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the corn rice

- Drain **sweetcorn**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **corn** until fragrant, **1-2 minutes**. Add the **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 all the water is absorbed, **10-15 minutes**.

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



Prep the tofu

- While curry is simmering, in a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **everything garnish** and **panko breadcrumbs (see ingredients)**.
- Dip **Japanese tofu** steaks into **flour mixture** to coat, then into **egg**, and finally in **breadcrumb mixture**. Set aside on a plate.

Custom Recipe: If you've doubled your Japanese tofu, use all the panko breadcrumbs and continue with instructions as per above.



Prep the veggies

- Meanwhile, cut **potato** and **carrot** into bite-sized chunks.
- Thinly slice **spring onion**.
- Spread **potato** and **carrot** over a large microwave-safe plate. Cover with a damp paper towel. Microwave on high, **4 minutes**.



Cook the tofu

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **crumbed tofu**, in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the tofu does not stick to the pan.

Custom Recipe: Cook tofu in batches for the best results.



Make the curry

- Place a large saucepan over medium-high heat.
- Add **katsu paste**, **coconut milk**, the **water (for the curry)** and **brown sugar** and cook, stirring, until combined and bubbling, **1-2 minutes**.
- Add microwaved **veggies** and cover with a lid. Reduce heat to medium-low and simmer, until veggies are tender, **8-12 minutes**.



Serve up

- Divide corn rice and golden curry between bowls.
- Top with Japanese crumbed tofu.
- Sprinkle over spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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