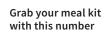


# Japanese Crumbed Tofu & Golden Curry with Corn Rice & Spring Onion

TAKEAWAY FAVES

**CLIMATE SUPERSTAR** 











Sweetcorn

6000



Potato



Carrot



Katsu Paste

**Spring Onion** 





Coconut Milk

Sweet Soy Seasoning

Mixed Sesame



Seeds

Panko Breadcrumbs



Japanese Tofu



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

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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  $\cdot$  Large saucepan with a lid  $\cdot$  Large frying pan

## Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
white rice	1 medium packet	1 large packet
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
potato	1	2
carrot	1	2
spring onion	1 stem	2 stems
katsu paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium 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
mixed sesame seeds	1 medium sachet	1 large sachet
panko breadcrumbs	½ medium packet	1 medium packet
Japanese tofu	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4296kJ (1027Cal)	753kJ (180Cal)
Protein (g)	34.2g	6g
Fat, total (g)	44.6g	7.8g
- saturated (g)	24.7g	4.3g
Carbohydrate (g)	117.3g	20.6g
- sugars (g)	17.3g	3g
Sodium (mg)	2087mg	366mg
Dietary Fibre (g)	26.7g	4.7g

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. Rinse and drain white rice.
- 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 rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed, 10 minutes.

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



# 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.



## Make the curry

- Heat a large saucepan over medium-high heat.
   Add katsu paste, coconut milk, the water (for the curry) and the 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.



## 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 mixed sesame seeds 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.



## 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.



### Serve up

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





ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

ADD CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through,

4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

