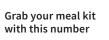


Japanese Crumbed Tofu & Golden Curry with Corn Rice & Spring Onion

TAKEAWAY FAVES

CLIMATE SUPERSTAR











Sweetcorn





Carrot

Potato





Spring Onion

Katsu Paste



Coconut Milk

Sweet Soy Seasoning



Mixed Sesame Seeds



Panko Breadcrumbs



Japanese Tofu





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
butter*	20g	40g
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
potato	1	2
carrot	1	2
spring onion	1 stem	2 stems
katsu paste	1 packet	2 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
mixed sesame seeds	1 medium sachet	1 large sachet
panko breadcrumbs	½ medium packet	1 medium packet
Japanese tofu	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4296kJ (1027cal)	379kJ (91cal)
Protein (g)	34.2g	3g
Fat, total (g)	44.6g	3.9g
- saturated (g)	24.7g	2.2g
Carbohydrate (g)	117.3g	10.3g
- sugars (g)	17.3g	1.5g
Sodium (mg)	2087mg	184mg
Dietary Fibre (g)	26.7g	2.4g

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, stirring, until lightly charred, 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 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 brown sugar, then 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 the egg and finally into the 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!







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



Cut into 1cm slices and soak in water. Pat haloumi dry then follow crumbing and cooking method above.

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

