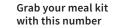


Tofu & Japanese-Style Curry Sauce with Ginger Veggies & Garlic-Peanut Rice

CLIMATE SUPERSTAR











Crushed Peanuts



Asian Greens





Green Beans

Carrot





Malaysian Tofu



Japanese Curry



Coconut Milk





Prep in: 20-30 mins Ready in: 30-40 mins



Just wait till you try it in this Japanese-style dish! While the tofu gets nice and golden in the pan, whip up a coconutty curry sauce that works a treat poured over all of the components. Don't forget to add the pickled onion garnish for some extra zing.

Pantry items Olive Oil, Soy Sauce

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
white rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
crushed peanuts	1 medium packet	1 large packet
Asian greens	1 packet	2 packets
carrot	1	2
green beans	1 small packet	1 medium packet
Malaysian tofu	1 packet	2 packets
ginger paste	1 medium packet	2 medium packets OR 1 large packet
soy sauce*	1 tsp	2 tsp
Japanese curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3982kJ (770cal)	770kJ (149cal)
Protein (g)	29.5g	5.7g
Fat, total (g)	52.9g	10.2g
- saturated (g)	19.9g	3.8g
Carbohydrate (g)	86.8g	16.8g
- sugars (g)	10.7g	2.1g
Sodium (mg)	1423mg	275.2mg
Dietary Fibre (g)	7.8g	1.5g

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 garlic rice

- Finely chop garlic. Rinse and drain white rice.
- In a medium saucepan, heat a drizzle of olive oil over medium heat. Cook garlic until fragrant,
 1-2 minutes.
- Add rice, the water 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.
 Keep covered until rice is tender and the water is absorbed, 10 minutes. Add crushed peanuts and stir to combine.

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



Get prepped

- While rice is cooking, roughly chop Asian greens.
- Thinly slice carrot into half-moons.
- Trim green beans.
- Cut Malaysian tofu into 2 cm chunks.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook green beans and carrot, tossing, until tender, 4-5 minutes.
- Add Asian greens, ginger paste and the soy sauce. Toss until the greens are just wilted, 1 minute. Transfer to a bowl and cover to keep warm.



Cook the tofu

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook tofu, tossing until browned, 3-4 minutes.
 Transfer to a paper-towel lined plate.



Make the curry sauce

 Wipe out frying pan, then return to medium-high heat. Cook Japanese curry paste and coconut milk, stirring, until combined,
 1-2 minutes.



Serve up

- Divide garlic-peanut rice between bowls.
- · Top with tofu and ginger veggies.
- · Pour over curry sauce to serve. Enjoy!









Follow method above, cooking in batches if necessary.

SWAP TO CHICKEN BREAST

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.

