



Tofu & Japanese-Style Curry Sauce

with Ginger Veggies & Garlic-Peanut Rice

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Garlic



White Rice



Crushed Peanuts



Asian Greens



Carrot



Green Beans



Malaysian Tofu



Ginger Paste



Japanese Curry Paste



Coconut Milk



Malaysian Tofu



Chicken Breast

Recipe Update

We've replaced the plant-based crumbed chicken in this recipe with Malaysian tofu due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Plant Based

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.

1



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!

4



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.

2



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.

5



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**.

3



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



DOUBLE MALAYSIAN

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.

