



Thai Green Tofu Curry

with Peanuts & Green Beans

Grab your Meal Kit with this symbol



Jasmine Rice



Firm Tofu



Brown Onion



Green Beans



Carrot



Garlic



Makrut Lime Leaves



Ginger Lemongrass Paste



Thai Green Curry Paste



Coconut Milk



Crushed Peanuts

Hands-on: **35-45 mins**
 Ready in: **35-45 mins**

Spicy (Thai green curry paste)

Naturally gluten-free
Not suitable for Coeliacs

Plant based

Enjoy the medley of fragrant flavours in this green curry with a gentle warming heat. The tofu cubes are fried separately so they get lightly golden, adding a delicious contrast against the rich coconut sauce. With makrut lime leaves bringing an enticing aroma and crushed peanuts for addictive crunch, this is an easy way to enjoy a taste of Thailand at home.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
firm tofu	½ block	1 block
brown onion	1	2
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
ginger	1 tub	2 tubs
lemongrass paste	¾ tin	1½ tins
Thai green curry paste	(75g)	(150g)
coconut milk	1 tin (400ml)	2 tins (800ml)
brown sugar*	1 tsp	2 tsp
soy sauce*		
(or gluten-free tamari soy sauce)	2 tsp	1 tbs
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4309kJ (1029Cal)	635kJ (151Cal)
Protein (g)	29.2g	4.3g
Fat, total (g)	54.5g	8g
- saturated (g)	26.7g	3.9g
Carbohydrate (g)	91.5g	13.5g
- sugars (g)	22.6g	3.3g
Sodium (mg)	1421mg	209mg

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 rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the 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!



Make the curry

SPICY! The **curry paste** is spicy so use less if you're sensitive to heat. Return the pan to a medium-high heat with a drizzle more **olive oil**. Cook the **onion, green beans and carrot** until softened, **5-6 minutes**. Add the **garlic, ginger lemongrass paste** and **Thai green curry paste** (see ingredients) and cook until fragrant, **1 minute**. Add the **coconut milk, brown sugar** and **makrut lime leaves** and simmer until the sauce has thickened slightly, **2-3 minutes**.



Get prepped

While the rice is cooking, pat the **firm tofu** (see ingredients) dry with paper towel and cut into 1cm cubes. Thinly slice the **brown onion**. Trim the **green beans** and cut into thirds. Thinly slice the **carrot** into half-moons. Finely chop the **garlic**. Thinly slice the **makrut lime leaves**.

TIP: Makrut lime leaves have a fibrous texture, so you want to slice them thinly.



Add the tofu

Add the **tofu** and **soy sauce** to the **curry** and stir until heated through.



Fry the tofu

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **tofu** and a good pinch of **salt** and **pepper**. Cook, turning occasionally, until golden, **3-4 minutes**. Transfer to a plate.



Serve up

Divide the jasmine rice between bowls and top with the Thai green tofu curry. Sprinkle with the **crushed peanuts**.

Enjoy!

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