



# Thai Seven Spiced Tofu

with Sweet Chilli Veggies & Coconut-Ginger Rice

Grab your Meal Kit with this symbol



Ginger



Coconut Milk



Basmati Rice



Garlic



Broccoli



Carrot



Firm Tofu



Long Red Chilli (Optional)



Lime



Sweet Chilli Sauce



Thai Seven Spice Blend



Crispy Shallots

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Spicy (optional long red chilli)

Enjoy a taste of Thailand at home with this medley of fragrant flavours. The tofu cubes are coated in our Thai seven spice blend and then fried until golden, creating a delicious contrast against the rich coconut-ginger rice and sweet chilli sauce on the veggies.

### Pantry items

Olive Oil, Butter, Soy Sauce, Plain Flour



## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	20g	40g
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	1 cup	1¼ cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
broccoli	1 head	2 heads
carrot	1	2
firm tofu	1 block	2 blocks
long red chilli (optional)	1	2
lime	1	2
water* (for the veggies)	2 tbs	½ cup
sweet chilli sauce	1 tub (50g)	1 tub (100g)
soy sauce*	1 tbs	2 tbs
Thai seven spice blend	1 sachet	2 sachets
plain flour*	2 tsp	1 tbs
crispy shallots	1 sachet	2 sachets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4040kJ (965Cal)	618kJ (148Cal)
Protein (g)	43.0g	6.6g
Fat, total (g)	42.7g	6.5g
- saturated (g)	21.4g	3.3g
Carbohydrate (g)	90.2g	13.8g
- sugars (g)	19.1g	2.9g
Sodium (g)	1560mg	238mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



## 1. Make the coconut-ginger rice

Finely grate the **ginger**. In a medium saucepan, melt the **butter** over a medium heat. Add the **ginger** and cook until fragrant, **1-2 minutes**. Add the **coconut milk**, **water (for the rice)** and **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## 4. Add flavour to the tofu

While the veggies are cooking, place the **tofu** in a medium bowl with the **Thai seven spice blend** and **plain flour**. Season generously with **salt** and **pepper** and toss to coat.



## 2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **firm tofu** into 1cm cubes. Thinly slice the **long red chilli** (if using). Slice the **lime** into wedges.



## 5. Cook the tofu

Wipe out the pan and return to a high heat with a **good drizzle of olive oil**. Add the **tofu** and cook, turning, until browned all over, **4-5 minutes**.



## 3. Cook the veggies

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **broccoli**, **carrot** and **water (for the veggies)** and cook, tossing often, until just tender, **5-6 minutes**. Add the **garlic**, **sweet chilli sauce** and **soy sauce** and cook until fragrant, **1 minute**. Transfer to a plate, cover to keep warm and set aside.



## 6. Serve up

Divide the coconut-ginger rice between bowls. Top with the Thai seven spiced tofu and sweet chilli veggies. Sprinkle with the **crispy shallots** and long red chilli (if using). Squeeze over the lime wedges.

**Enjoy!**