



# Thai Tofu & Veggie Curry

with Jasmine Rice & Peanuts



Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Zucchini



Green Beans



Garlic



Thai Green Curry Paste



Coconut Milk



Coriander



Crushed Peanuts



Japanese Tofu



Ginger Lemongrass Paste



Chicken Breast

### Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 35-45 mins Eat Me Early\*  
Ready in: 35-45 mins *\*Custom Recipe only*

Plant Based^  
*^Custom recipe is not Plant Based*

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

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar



## 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Japanese tofu	1 packet	2 packets
carrot	1	2
zucchini	1	2
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
<b>soy sauce*</b>	1 tbs	2 tbs
ginger	1 packet	2 packets
lemongrass paste		
Thai green curry paste 🌶️	¾ tin (75g)	1½ tins (150g)
coconut milk	2 medium tins	4 medium tins
<b>brown sugar*</b>	1 tsp	2 tsp
coriander	1 bag	1 bag
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4118kJ (984Cal)	605kJ (145Cal)
Protein (g)	26.2g	3.9g
Fat, total (g)	54.1g	8g
- saturated (g)	29g	4.3g
Carbohydrate (g)	93.4g	13.7g
- sugars (g)	17.6g	2.6g
Sodium (mg)	1880mg	276mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4879kJ (1166Cal)	577kJ (138Cal)
Protein (g)	59.5g	7g
Fat, total (g)	59.4g	7g
- saturated (g)	30.6g	3.6g
Carbohydrate (g)	93.4g	11g
- sugars (g)	17.6g	2.1g
Sodium (mg)	1969mg	233mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the rice

- In a medium saucepan, bring the **water** to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat.
- Keep covered until rice is tender and all water is absorbed, **10-15 minutes**.

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



## Start the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot, zucchini** and **green beans**, tossing, until softened, **5-6 minutes**.
- **SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat. Add **garlic**, the **soy sauce, ginger lemongrass paste** and **Thai green curry paste** (see ingredients). Cook, tossing, until fragrant, **1 minute**.

**Custom Recipe:** Before cooking the veggies, heat a drizzle of olive oil in the frying pan over high heat. Cook chicken, tossing occasionally, until browned and cooked through (no longer pink inside), 5-6 minutes. Transfer to a bowl. Continue with the step.



## Get prepped

- Meanwhile, cut **Japanese tofu** into 2cm cubes.
- Thinly slice **carrot** into rounds. Thinly slice **zucchini** into half-moons. Trim and halve **green beans**. Finely chop **garlic**.

**Custom Recipe:** If you've added chicken, cut chicken into 2cm chunks.



## Finish the curry

- Stir in **coconut milk** and the **brown sugar**. Simmer until sauce is slightly thickened, **2-3 minutes**.
- Return **tofu** to pan. Stir until heated through, then remove pan from heat.

**Custom Recipe:** Return chicken to pan with tofu.



## Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **Japanese tofu**, turning occasionally, until golden, **3-4 minutes**.
- Transfer to a plate.



## Serve up

- Roughly chop **coriander**.
- Divide jasmine rice between bowls. Top with Thai green tofu and veggie curry.
- Sprinkle with **crushed peanuts** and coriander to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)