



Southeast Asian Tofu & Green Bean Curry

with Bamboo Shoots, Jasmine Rice & Coriander

HARMONY WEEK

Grab your Meal Kit with this symbol



Jasmine Rice



Firm Tofu



Carrot



Bamboo Shoots



Green Beans



Garlic



Ginger Lemongrass Paste



Southeast Asian Spice Blend



Coconut Milk



Coriander



Chicken Breast

Prep in: 35-45 mins
Ready in: 35-45 mins



Plant Based*



Calorie Smart*

*Custom recipe is not Calorie Smart or Plant Based



Eat Me Early*

*Custom Recipe only

The best part about Southeast Asian food (although there are too many to count), is its ability to seamlessly combine both sweet and savoury flavours all in the one dish. This tofu and veggie curry is no exception, packed with our famous spice blend that is equal parts colourful and flavourful which will add some spice to your Harmony Week.

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
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
firm tofu	½ packet	1 packet
carrot	1	2
bamboo shoots	1 tin	2 tins
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
soy sauce*	½ tbs	1 tbs
ginger		
lemongrass paste	1 packet	2 packets
Southeast Asian spice blend		
	1 medium sachet	1 large sachet
coconut milk	1 medium tin	2 medium tins
brown sugar*	1 tsp	2 tsp
coriander	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2427kJ (580Cal)	425kJ (102Cal)
Protein (g)	24.7g	4.3g
Fat, total (g)	26.4g	4.6g
- saturated (g)	15.7g	2.7g
Carbohydrate (g)	85.2g	14.9g
- sugars (g)	14.5g	2.5g
Sodium (mg)	1198mg	210mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3187kJ (762Cal)	433kJ (103Cal)
Protein (g)	58g	7.9g
Fat, total (g)	31.7g	4.3g
- saturated (g)	17.3g	2.4g
Carbohydrate (g)	85.2g	11.6g
- sugars (g)	14.5g	2g
Sodium (mg)	1287mg	175mg

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 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!

4



Start the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans**, tossing, until softened, **5-6 minutes**.
- Add **garlic**, **ginger**, **lemongrass paste**, **bamboo shoots** and **Southeast Asian spice blend**. Cook 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 (when no longer pink inside), 5-6 minutes. Transfer to a bowl. Continue with the step.

2



Get prepped

- Meanwhile, cut **firm tofu** (see ingredients) into 2cm cubes.
- Thinly slice **carrot** into rounds. Drain and roughly chop **bamboo shoots**. Trim and halve **green beans**. Finely chop **garlic**.

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

5



Finish the curry

- Stir in **coconut milk**, the **soy sauce**, the **brown sugar** and a dash of **water**. 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.

3



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **firm tofu**, turning occasionally, until golden, **4-6 minutes**.
- Transfer to a plate.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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