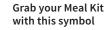


Southeast Asian Tofu & Green Bean Curry

with Bamboo Shoots, Jasmine Rice & Coriander

HARMONY WEEK















Carrot

Bamboo Shoots





Green Beans



Ginger Lemongrass

Southeast Asian Spice Blend



Coconut Milk



Coriander



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

Eat Me Early*

*Custom Recipe only



Plant Based*



*Custom recipe is not Calorie Smart or Plant Based

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.

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

migi calcii		
	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
* D	t Bi I Iit	

^{*}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.



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!



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.



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.



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.



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.



Serve up

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



Scan here if you have any questions or concerns

