



Sticky Mango Glazed Tofu and Stir-Fried Veg with Korma Spiced Rice

22

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Basmati Rice



Tofu



Bell Pepper



Onion



Curry Powder



Mango Chutney



Vegetable Stock
Paste



Korma Style
Paste

Pantry Items

Oil, Salt, Pepper, Butter, Honey

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan, sieve, kitchen paper, frying pan, bowl, lid and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Tofu** 11	280g	420g	560g
Bell Pepper***	1	2	2
Onion**	1	1	2
Curry Powder	1 sachet	2 sachets	2 sachets
Mango Chutney	40g	60g	80g
Vegetable Stock Paste 10	10g	15g	20g
Korma Style Paste 9	50g	75g	100g
Pantry	2P	3P	4P
Boiled Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g
Honey*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2957 / 707	702 / 168
Fat (g)	24.6	5.8
Sat. Fat (g)	7.6	1.8
Carbohydrate (g)	94.6	22.4
Sugars (g)	27.4	6.5
Protein (g)	27.0	6.4
Salt (g)	3.44	0.82

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard **10)** Celery **11)** Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Cook the Rice

Boil a half-full kettle.

Pour the **boiled water for the rice** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to serve.

4



Mango-nificent

Once the **veg** has softened, reduce the heat to medium-high and add the **curry powder** to the **tofu** pan. Fry until fragrant, 1 min.

Stir in the **mango chutney, vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to a boil, then reduce the heat and simmer until thickened, 2-3 mins.

Transfer the **sticky tofu and veg** to a medium bowl and cover with a lid or foil to keep warm.

2



Get Prepping

While the **rice** cooks, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

Halve, peel and thinly slice the **onion**.

5



Bring on the Spice

When the **rice** is cooked, return the (now empty) frying pan to a medium-high heat and add the **korma style paste, butter** and **honey** (see pantry for both amounts) to the pan.

Warm through until the **paste** is fragrant and the **butter** has melted, 1 min.

Fluff up the **rice** with a fork, then transfer it to the frying pan and stir into the **korma sauce** until the **rice** is well coated.

3



Fry Time

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **tofu, pepper chunks** and **sliced onion** to the pan. Fry until the **tofu** is slightly crispy and the **veg** has softened, 8-10 mins. Turn frequently to ensure the **tofu** doesn't burn.

Adjust the heat if needed. Season with **salt** and **pepper**.

6



Serve Up

Share the **korma spiced rice** between your serving bowls.

Top with the **sticky mango tofu and veg** to finish.

Enjoy!