



# Indonesian Style Spiced Tofu Curry

with Green Beans, Pak Choi and Basmati Rice

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Classic Eat Me Early • 25 Minutes • Mild Spice • 1 of your 5 a day • Veggie



-  Green Beans
-  Pak Choi
-  Garlic Clove
-  Red Chilli
-  Basmati Rice
-  Tofu
-  Cornflour
-  Indonesian Style Spice Mix
-  Ginger Puree
-  Coconut Milk
-  Soy Sauce

Pantry Items  
Water

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, measuring jug, saucepan, lid, kitchen paper, and frying pan.

## Ingredients

	2P	3P	4P
Green Beans**	80g	150g	150g
Pak Choi**	1	2	2
Garlic Clove**	1	2	2
Red Chilli**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tofu** 11)	280g	420g	560g
Cornflour	10g	15g	20g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ginger Puree	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Soy Sauce 11) 13)	25ml	50ml	50ml
Water for Curry*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	357g	100g
Energy (kJ/kcal)	2093/500	586/140
Fat (g)	11	3
Sat. Fat (g)	2	1
Carbohydrate (g)	74	21
Sugars (g)	4	1
Protein (g)	28	8
Salt (g)	2.72	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

11) Soya 13) Gluten

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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## Get Prepped

Trim and halve the **green beans**. Halve the **pak choi** lengthways. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.



## Char the Pak Choi

Wipe out the frying pan and return to medium-high heat with a drizzle of **oil**. Once hot, lay in the **pak choi**, cut-side down. Season with **salt** and **pepper**. Cook for 2 mins, then turn over and cook for another 2 mins on the other side until slightly browned and charred. Then add a splash of **water** and cover with a lid (or some foil) and leave to steam for another 3 mins. Transfer the **pak choi** to a plate and cover with foil to keep warm.



## Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to medium. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Curry Up

Dry the pan and return to medium-high heat with a drizzle of **oil**. When the pan is hot, add the **green beans** and stir-fry until tender, 3-4 mins. Stir in the **Indonesian style spice mix**, **ginger puree** and **garlic**, then fry for 1 min more. Pour in the **coconut milk**, **soy sauce** and **water for the curry** (see ingredients for amount), then bring to the boil. Lower the heat and simmer until slightly thickened, 5-6 mins.



## Tofu Time

Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper. Pop the **tofu cubes** into a large bowl with the **cornflour** (see ingredients for amount). Season with plenty of **salt** and **pepper**, then mix well to evenly coat the **tofu**. Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure they don't burn. Transfer the **fried tofu** to a plate lined with kitchen paper.



## Time to Serve

When everything is ready, stir the **tofu** into the **curry** and heat through until piping hot. Taste and season with **salt** and **pepper** if needed. Fluff up the **rice** with a fork and share between your bowls. Top with the **tofu curry** and **charred pak choi**. Sprinkle over the **chilli** (add less if you don't like heat) to finish.

## Enjoy!