



# Indonesian Style Spiced Tofu Curry with Green Beans, Pak Choi and Jasmine Rice

**Classic** 30-35 Minutes • Mild Spice • 1 of your 5 a day • Veggie

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

## 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, saucepan, lid, sieve, kitchen paper, bowl 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
Jasmine 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)	15ml	25ml	25ml
Water for the Curry*	100ml	125ml	150ml

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	451g	100g
Energy (kJ/kcal)	2788 /666	618 /148
Fat (g)	27.5	6.1
Sat. Fat (g)	17.6	3.9
Carbohydrate (g)	76.8	17.0
Sugars (g)	4.2	0.9
Protein (g)	28.1	6.2
Salt (g)	2.12	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

11) Soya 13) Cereals containing 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**. Trim the **pak choi**, then thinly slice widthways.

Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed, then finely chop.



## Build the Flavour

Clean out the pan if needed and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and **pak choi** and stir-fry until tender, 3-4 mins.

Stir in the **Indonesian style spice mix**, **ginger puree** and **garlic**, then stir-fry for 1 min more.



## 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** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



## Finish the Curry

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.

Once thickened, stir the **tofu** into the **curry** and heat through until piping hot. Taste and season with **pepper** and a pinch of **sugar** (if you have any) if needed.



## 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** and mix well to evenly coat.

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 to a plate lined with kitchen paper.



## Serve

Fluff up the **rice** with a fork and share between your bowls.

Spoon over the **tofu curry** and sprinkle over the **chilli** to finish (add less if you don't like heat).

## Enjoy!