



Mango Chutney Glazed Tofu with Tomato Salsa and Pilaf Rice

Classic 35 Minutes • Little Spice • 2 of your 5 a day

19



Echalion Shallot



Garlic Clove



Green Beans



Smoked Tofu



North Indian Style
Curry Powder



Nigella Seeds



Basmati Rice



Vegetable Stock
Powder



Medium Tomatoes



Lemon



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Cutting Board, Knife, Garlic Press, Saucepan, Measuring Jug, Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	2	2
Garlic Clove**	1	2	2
Green Beans**	80g	150g	150g
Smoked Tofu 11)**	225g	330g	450g
North Indian Style Curry Powder	1 sachet	1 sachet	2 sachets
Nigella Seeds	1 pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Medium Tomatoes	2	3	4
Lemon**	½	1	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Mango Chutney	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	431g	100g
Energy (kJ/kcal)	2443/584	567/136
Fat (g)	13	3
Sat. Fat (g)	5	1
Carbohydrate (g)	90	21
Sugars (g)	28	6
Protein (g)	24	6
Salt (g)	2.22	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Prep The Veggies

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a **garlic** press). Trim the **green beans** then chop into thirds. Drain the **tofu** then chop into 2cm chunks.



Start the Rice

Heat a splash of **oil** in a saucepan over medium heat. Add the **shallot**, stir and cook until softened, 3-4 mins. Add the **garlic**, **green beans**, **curry powder** and **half** the **nigella seeds**, stir and cook for another minute.



Finish the Rice

Next add the **rice** and stir to coat in the **spices**. Pour in the **cold water** (see ingredients for amount), stir in the **veg stock powder**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Cook for 10 mins, then remove from the heat. Leave for another 10 mins. The **rice** will finish cooking in its own steam.



Make the Salsa

Meanwhile, chop the **medium tomatoes** into small chunks and pop into a bowl. Halve the **lemon**. Dress the **tomatoes** with a squeeze of **lemon juice** and the **oil** (see ingredients for amount), season with **salt** and and keep to one side.



Cook the Tofu

Heat a splash of **oil** in a frying pan over high heat. When the **oil** is hot, add the **tofu pieces** and stir-fry until golden brown and crispy all over, 8-10 mins, adjusting the heat if necessary. Toss the **tofu** frequently to make sure it browns on all sides. When golden, season with **salt** and squeeze on the **mango chutney** and stir gently to coat. Sprinkle on the remaining **nigella seeds**. Remove from the heat.



Finish and Serve

Fluff the **rice** up with a fork. Add the **tomato salsa** and stir in gently. Season to taste with **salt**, **pepper** and **lemon juice**. Share the **rice** between your bowls and top with the **tofu pieces**. Spoon the **warm mango chutney** all over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.