



Roasted Sweet Potato and Ginger Garlic Tofu Stew with Lime and Spinach

Calorie Smart 20-30 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calories

28



Sweet Potato



Smoked Tofu



Echalion Shallot



Garlic Clove



Red Chilli



Lime



Ginger Puree



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Baby Spinach



Soy Sauce

Before you start

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

Cooking tools, you will need:

Baking Tray, Kitchen Paper, Frying Pan, Bowl, Garlic Press and Zester.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Smoked Tofu** 11)	225g	338g	450g
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Red Chilli**	½	1	1
Lime**	½	1	1
Ginger Puree	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water*	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	100g	100g
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	582g	100g
Energy (kJ/kcal)	2423/579	416/99
Fat (g)	26	4
Sat. Fat (g)	16	3
Carbohydrate (g)	66	11
Sugars (g)	20	3
Protein (g)	23	4
Salt (g)	4.59	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

10) Celery 11) Soya 13) Gluten

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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HelloFresh UK

Packed in the UK

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Roast the Sweet Potato

Preheat your oven to 220°C. Chop the **sweet potatoes** into 1cm chunks (no need to peel). Pop the **potatoes** on a low-sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 20-25 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Cook the Tofu

Meanwhile, chop the **tofu** into 2cm cubes. Pat dry with some kitchen paper. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **tofu** to the pan. Fry until golden all over, 6-8 mins, turning occasionally. Tip the **tofu** into a bowl and set aside. Keep the pan.



Finish the Prep

While the **tofu** cooks, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Thinly slice **half** the **chilli** and finely chop the rest. Zest and halve the **lime**.



Start the Stew

Pop the pan back on a medium-high heat with a drizzle of **oil**. Once hot, add the **shallot** to the pan and fry until softened, 3-4 mins. Stir in the **garlic**, **ginger puree**, **finely chopped chilli** (careful it's hot - add less if you don't like heat) and **tomato puree**. Cook for 1 min. Pour in the **coconut milk**, **water** (see ingredients for amount) and **vegetable stock paste**.



Simmer

Bring to the boil and simmer until the **sauce** has reduced slightly, stirring occasionally, 3-4 mins. Stir in the **spinach** a handful at a time until it's wilted and everything is piping hot, 1-2 mins. Remove from the heat, squeeze in some of the **lime juice** and add **half** the **soy sauce**. Taste and add more **lime juice** and **soy sauce** if you feel it needs it, then stir in the **roasted sweet potato** and **tofu**. **TIP:** Add a splash more water to the stew if it's a bit dry.



Serve

Serve in bowls with the **sliced chilli** (careful it's hot - add less if you don't like heat) and **lime zest** sprinkled on top.

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.

