














# Sticky Smoked Tofu with Green Beans and Basmati Rice

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

19



-  Echalion Shallot
-  Garlic Clove
-  Green Beans
-  Smoked Tofu
-  North Indian-Style Curry Powder
-  Nigella Seeds
-  Basmati Rice
-  Vegetable Stock Powder
-  Vine Tomatoes
-  Lemon
-  Mango Chutney



## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Saucepan, Large Bowl and Frying Pan.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	1 large pack
Smoked Tofu <b>11</b> **	1 block	1½ blocks	2 blocks
North Indian-Style Curry Powder	1 small pot	¾ large pot	1 large pot
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Vine Tomatoes	2	3	4
Lemon**	½	1	1
Olive Oil*	1 tbsp	1 ½ 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	581g	100g
Energy (kJ/kcal)	2456 / 587	422 / 101
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	90	15
Sugars (g)	28	5
Protein (g)	24	4
Salt (g)	2.23	0.38

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

### Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

### HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Prep the Veggies

Fill and boil your kettle for the rice. 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.



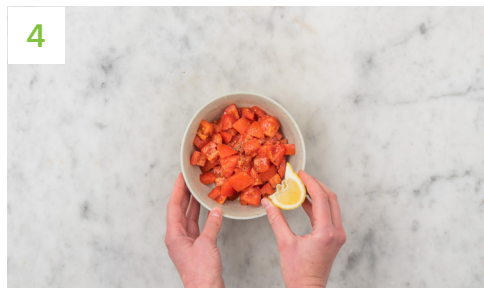
## Start the Rice

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**, **North Indian-style curry powder** and **half** the **nigella seeds**, stir and cook for another minute.



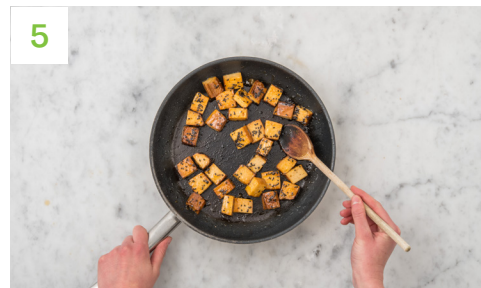
## Finish the Rice

Next add the **rice** and stir to coat in the **spices**. Pour in the **boiling water** (see ingredients for amount), add the **veg stock powder**, stir and cover with a lid. Cook on medium-low heat for 5 mins, then remove the lid and quickly put the **green beans** on top of the **rice**. Pop the lid back on, cook for 5 mins more then remove from the heat. Leave for 10 mins. The rice will finish cooking in its own steam.



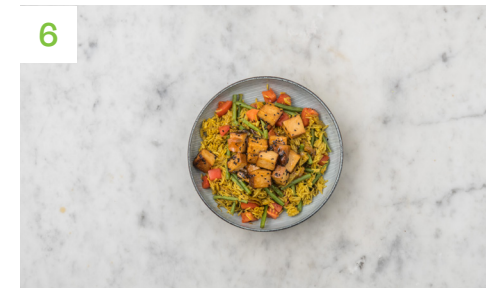
## Make the Salsa

Meanwhile, chop the **vine 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.