



Tofu Massaman Curry with Green Beans and Zesty Rice

Classic 30 Minutes • Little Spice • 1 of your 5 day • Plant-Based

23



Jasmine Rice



Tofu



Green Beans



Carrot



Garlic Clove



Salted Peanuts



Lime



Thai Spice Blend



Massaman Curry Paste



Coconut Milk



Vegetable Stock Powder

Before you start

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

Cooking tools, you will need:

Measuring Jug, Saucepan, Chopping Board, Grate, Frying Pan and Bowls.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Tofu 11 **	280g	420g	560g
Green Beans**	80g	150g	150g
Carrot**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Salted Peanuts 1	25g	40g	40g
Lime**	½	¾	1
Thai Spice Blend 3	1 small pot	1 small pot	1 large pot
Massaman Curry Paste	50 g	75g	100g
Coconut Milk	200ml	300ml	400ml
Water for Curry*	100ml	150ml	200ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	472g	100g
Energy (kJ/kcal)	3126 /747	663 /158
Fat (g)	36	8
Sat. Fat (g)	19	4
Carbohydrate (g)	76	16
Sugars (g)	9	2
Protein (g)	30	6
Salt (g)	3.43	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **3)** Sesame **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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Cook the Rice

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



Make the Curry

Pour in the **coconut milk**, **water** (see ingredients for amount) and **vegetable stock powder**, stir to combine and bring to a simmer. Add in the **green beans** and allow the **curry** to cook uncovered, stirring occasionally until the **sauce** is slightly thickened and the **beans** are tender, 7-8 mins.



Prep It

Meanwhile, drain the **tofu** and pat it dry with some kitchen roll. Chop the **tofu** into 2cm cubes. Trim the **green beans** and cut into thirds. Trim the **carrot** then slice into rounds about 1cm thick. Peel and grate the **garlic** (or use a garlic press). Finely chop the **peanuts** or put them in a freezer bag and crush them with the bottom of a pan. Zest the **lime** and cut into **wedges**.



Finish Off

Remove the **curry** from the heat - add a splash of **water** if it's a bit thick. Add a squeeze of **lime juice**, then taste the **curry** and season to taste with **salt**, **pepper** and more **lime juice** if needed.



Tofu Time

Heat a drizzle of **oil** in a large frying pan on a medium high heat. Once hot, add the **tofu** and fry stirring occasionally until browned all over, 6-7 mins. Add the **carrot**, stir-fry for 3-4 mins, until it has started to soften. Then add the **garlic**, **Thai spice** and **Massaman paste**. Cook stirring frequently until fragrant, 1 minute.



Time to Serve

Fluff up the **rice** with a fork and mix through the **lime zest**. Share the **rice** between you bowls and spoon over the **tofu curry**. Sprinkle over the **peanuts** and serve any remaining **lime wedges** alongside for squeezing 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.