



Tofu Massaman Curry

with Green Beans and Zesty Rice

Classic Eat Me Early • 30 Minutes • Medium Spice • 1 of your 5 a day • Veggie

18



Jasmine Rice



Tofu



Cornflour



Green Beans



Carrot



Garlic Clove



Salted Peanuts



Lime



Thai Style Spice Blend



Massaman Curry Paste



Coconut Milk



Vegetable Stock Paste

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Bowl, Garlic Press, Zester and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|----------------------------------|----------|----------|-----------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Jasmine Rice | 150g | 225g | 300g |
| Tofu 11) ** | 280g | 420g | 560g |
| Cornflour | 10g | 15g | 20g |
| Green Beans** | 80g | 150g | 150g |
| Carrot** | 1 | 1½ | 2 |
| Garlic Clove | 1 | 2 | 2 |
| Salted Peanuts 1) | 25g | 40g | 40g |
| Lime** | ½ | ¾ | 1 |
| Thai Style Spice Blend 3) | 1 sachet | 1 sachet | 2 sachets |
| Massaman Curry Paste | 50g | 75g | 100g |
| Coconut Milk | 200ml | 300ml | 400ml |
| Water for Curry* | 100ml | 150ml | 200ml |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 476g | 100g |
| Energy (kJ/kcal) | 3205/766 | 674/161 |
| Fat (g) | 35 | 7 |
| Sat. Fat (g) | 18 | 4 |
| Carbohydrate (g) | 79 | 17 |
| Sugars (g) | 9 | 2 |
| Protein (g) | 29 | 6 |
| Salt (g) | 3.71 | 0.78 |

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 **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 of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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** for the **curry** (see ingredients for amount) and **vegetable stock paste**, 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. Put the **cornflour** in a large bowl and season with **salt** and **pepper**. Add the **tofu** to the bowl and toss to completely coat in the **cornflour**. 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. **TIP:** 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 until it has started to soften, 3-4 mins. Then add the **garlic**, **Thai style spice blend** and **Massaman curry paste**. Cook, stirring frequently, until fragrant, 1 minute.



Time to Serve

Fluff the **rice** with a fork and mix through the **lime zest**. Share the **rice** between your 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.