

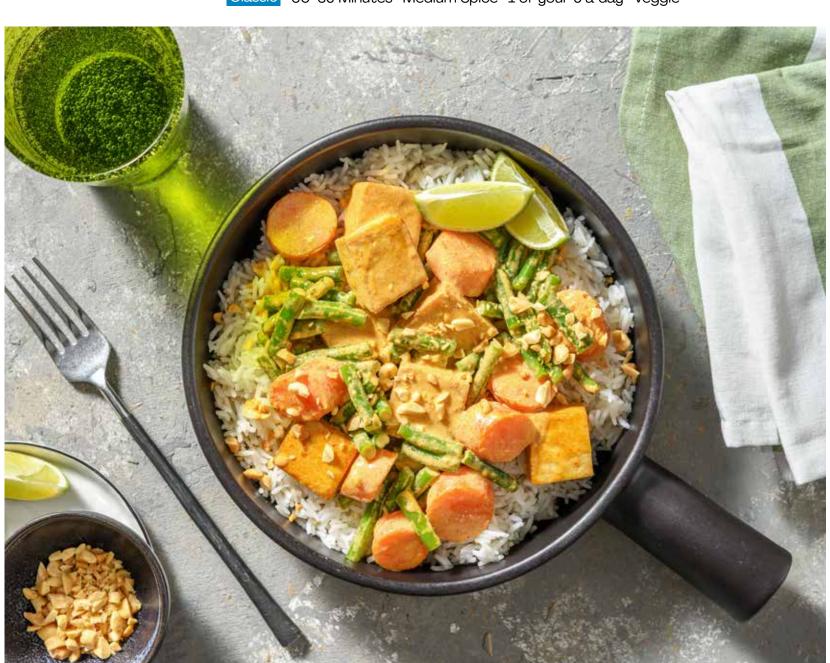
# Tofu Massaman Curry

with Green Beans, Zesty Rice and Peanuts



30-35 Minutes · Medium Spice · 1 of your 5 a day · Veggie







Jasmine Rice





Green Beans









**Garlic Clove** 



Salted Peanuts



Lime



Thai Style Spice Blend



Massaman Style Curry Paste





Vegetable Stock Paste



**Pantry Items** Oil, Salt, Pepper

# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Saucepan, lid, kitchen paper, garlic press, rolling pin, fine grater and frying pan.

# Ingredients

Ingredients	2P	3P	4P	
Jasmine Rice	150g	225g	300g	
Tofu** <b>11</b> )	280g	420g	560g	
Green Beans**	80g	150g	150g	
Carrot**	1	1½	2	
Garlic Clove**	1	2	2	
Salted Peanuts 1)	25g	40g	40g	
Lime**	1/2	3/4	1	
Thai Style Spice Blend <b>3)</b>	1 sachet	1 sachet	1 sachet	
Massaman Style Curry Paste	50g	75g	100g	
Coconut Milk	200ml	300ml	400ml	
Vegetable Stock Paste <b>10)</b>	10g	15g	20g	
Pantry	2P	3P	4P	
Water for the Rice*	300ml	450ml	600ml	
Water for the Curry*	100ml	150ml	200ml	
*Not Included **Store in the Fridge				

### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	471g	100g
Energy (kJ/kcal)	3201 /765	680/163
Fat (g)	37.5	8.0
Sat. Fat (g)	19.1	4.1
Carbohydrate (g)	77.4	16.4
Sugars (g)	7.3	1.6
Protein (g)	30.3	6.4
Salt (g)	2.92	0.62

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

# Allergens

1) Peanut 3) Sesame 10) Celery 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

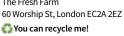
#### Contact

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tight-fitting lid.

Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



# **Get Prepped**

Meanwhile, drain the tofu and chop into 2cm cubes. Pat dry with kitchen paper. Trim the green beans and cut into thirds.

Trim and guarter the **carrot**, then chop into roughly 1cm thick pieces. Peel and grate the garlic (or use a garlic press).

Crush the **peanuts** in the unopened sachet using a rolling pin. Zest and cut the lime into wedges.



## **Tofu Time**

Heat a drizzle of oil in a large frying pan on high heat.

Once hot, fry the **tofu** until browned all over, 6-7 mins. Turn frequently to ensure they don't burn.

Add the **carrot** and stir-fry until starting to soften, 3-4 mins more.

Stir in the garlic, Thai style spice blend (add less if you'd prefer things milder) and massaman curry paste. Cook, stirring frequently, until fragrant, 1 min.



# Simmer and Stir

Pour the coconut milk, veg stock paste and water for the curry (see pantry for amount) into the pan. Stir to combine and bring to a simmer.

Stir in the green beans and allow everything to cook, stirring occasionally, until the **sauce** has slightly thickened and the beans are tender, 8-10 mins.



# Season to Taste

Once the beans are cooked, remove the curry from the heat. Add a splash of water if it's a little thick.

Add a squeeze of lime juice, then taste and season with salt, pepper and more lime juice if needed.



# Finish and Serve

When ready, fluff up the rice with a fork. Stir through the **lime zest**, then share between your bowls.

Spoon the **tofu curry** over the **rice** and sprinkle with the **peanuts** to finish.

Serve any remaining **lime wedges** alongside for squeezing over.

# Enjoy!