



# Tofu Massaman Curry

with Green Beans, Zesty Rice and Peanuts

22

**Classic** 30-35 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Jasmine Rice



Tofu



Green Beans



Carrot



Garlic Clove



Salted Peanuts



Lime



Thai Style  
Spice Blend



Massaman Style  
Curry Paste



Coconut Milk



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 <b>1</b>	25g	40g	40g
Lime**	½	¾	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 for uncooked ingredient	Per serving	Per 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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## Cook the Rice

Pour the **cold water for the rice** (see pantry for amount) into a medium saucepan with a 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).



## 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.



## 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 quarter 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.



## 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.



## 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.



## 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!