



# Thai Green Style Tofu Curry

with Zesty Jasmine Rice and Green Beans

Classic 25-30 Minutes • Mild Spice

4



Garlic Clove



Jasmine Rice



Tofu



Green Beans



Lime



Thai Style  
Spice Blend



Thai Green 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

Garlic press, saucepan, lid, kitchen paper, frying pan and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Jasmine Rice	150g	225g	300g
Tofu** <b>11</b>	280g	420g	560g
Green Beans**	80g	150g	150g
Lime**	½	¾	1
Thai Style Spice Blend <b>3</b>	1 sachet	1 sachet	2 sachets
Thai Green Style Curry Paste	45g	68g	90g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>411g</b>	<b>100g</b>
Energy (kJ/kcal)	2940 /703	716 /171
Fat (g)	33.5	8.2
Sat. Fat (g)	21.0	5.1
Carbohydrate (g)	73.4	17.9
Sugars (g)	5.5	1.3
Protein (g)	27.8	6.8
Salt (g)	2.25	0.55

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

## Allergens

**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 Garlic Rice

Peel and grate the **garlic** (or use a garlic press).

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice**, **half the garlic** 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).



## Curry Up

Stir the **Thai green style curry paste** into the **tofu** and **beans** and cook for 30 secs.

Pour in the **coconut milk** and **water for the sauce** (see pantry for amount), stir together, then mix in the **veg stock paste**.

Bring to the boil, then turn the heat down to medium and simmer the **curry** until thickened slightly, 5-7 mins.



## Fry the Tofu

While the **rice** cooks, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.

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

Once hot, fry the **tofu** until golden, 8-10 mins. Turn frequently to ensure it doesn't burn. Season with **salt** and **pepper**.



## Finishing Touches

When the **curry** has thickened, season with **salt**, **pepper** and a squeeze of **lime juice**.

Fluff up the **rice** with a fork and stir through the **lime zest**.



## Prep and Spice

Meanwhile, trim the **green beans**, then cut into thirds.

Zest and halve the **lime** (see ingredients for amount).

Once the **tofu** is golden, turn the heat down to medium and add the **green beans**, remaining **garlic** and the **Thai style spice blend**. Toss to coat evenly and cook for 30 secs.



## Serve Up

Share the **zesty rice** and **tofu curry** between your bowls.

Cut any remaining **lime** into **wedges** and serve on the side for squeezing over.

## Enjoy!