

Sticky Mango Glazed Tofu and Stir-Fried Veg with Korma Spiced Rice



25-30 Minutes · Mild Spice · 1 of your 5 a day · Veggie





Basmati Rice







Bell Pepper





Curry Powder



Vegetable Stock



Mango Chutney

Korma Style Paste

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, kitchen paper, frying pan, bowl, lid and aluminium foil.

Ingredients

Ingredients	2P	3P	4P	
Basmati Rice	150g	225g	300g	
Tofu** 11)	280g	420g	560g	
Bell Pepper***	1	2	2	
Onion**	1	1	2	
Curry Powder	1 sachet	2 sachets	2 sachets	
Mango Chutney	40g	60g	80g	
Vegetable Stock Paste 10)	10g	15g	20g	
Korma Style Paste 9)	50g	75g	100g	
Pantry	2P	3P	4P	
Boiled Water for the Rice*	300ml	450ml	600ml	
Water for the Sauce*	50ml	75ml	100ml	
Butter*	20g	30g	40g	
Honey*	1 tbsp	1½ tbsp	2 tbsp	

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2957 /707	702/168
Fat (g)	24.6	5.8
Sat. Fat (g)	7.6	1.8
Carbohydrate (g)	94.6	22.4
Sugars (g)	27.4	6.5
Protein (g)	27.0	6.4
Salt (g)	3.44	0.82

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

Allergens

9) Mustard 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.

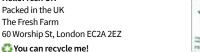
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Cook the Rice

Boil a half-full kettle.

Pour the **boiled water for the rice** into a large saucepan with 1/4 tsp salt on high heat. Add the rice and cook for 10-12 mins.

Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to serve.



Get Prepping

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

Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

Halve, peel and thinly slice the **onion**.



Fry Time

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

Once hot, add the tofu, pepper chunks and sliced **onion** to the pan. Fry until the **tofu** is slightly crispy and the veg has softened, 8-10 mins. Turn frequently to ensure the **tofu** doesn't burn.

Adjust the heat if needed. Season with salt and **pepper**.



Mango-nificent

Once the **veg** has softened, reduce the heat to medium-high and add the curry powder to the tofu pan. Fry until fragrant, 1 min.

Stir in the mango chutney, vegetable stock paste and water for the sauce (see pantry for amount). Bring to a boil, then reduce the heat and simmer until thickened, 2-3 mins.

Transfer the **sticky tofu and veg** to a medium bowl and cover with a lid or foil to keep warm.



Bring on the Spice

When the **rice** is cooked, return the (now empty) frying pan to a medium-high heat and add the korma style paste, butter and honey (see pantry for both amounts) to the pan.

Warm through until the **paste** is fragrant and the **butter** has melted, 1 min.

Fluff up the **rice** with a fork, then transfer it to the frying pan and stir into the korma sauce until the rice is well coated.



Serve Up

Share the korma spiced rice between your serving bowls.

Top with the **sticky mango tofu and veg** to finish.

Enjoy!