

Sweet Potato, Ginger & Garlic Tofu Stew with Lime and Spinach



30-35 Minutes · Mild Spice · 3 of your 5 a day · Veggie









Sweet Potato





Garlic Clove



Indonesian Style



Ginger Puree

Spice Mix



Tomato Puree



Coconut Milk



Vegetable Stock



Baby Spinach



Soy Sauce



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

Cooking tools

Baking tray, kitchen paper, frying pan, garlic press, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Tofu** 11)	280g	420g	560g
Garlic Clove**	2	3	4
Lime**	1/2	1	1
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ginger Puree	15g	23g	30g
Tomato Puree	30g	60g	60g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	100g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	573g	100g
Energy (kJ/kcal)	2883 /689	503/120
Fat (g)	32.9	5.7
Sat. Fat (g)	21.1	3.7
Carbohydrate (g)	69.1	12.1
Sugars (g)	22.1	3.9
Protein (g)	29.0	5.1
Salt (g)	3.58	0.62

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

Allergens

10) Celery 11) Soya 13) Cereals containing gluten

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.

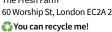
Contact

Let us know what you think!

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

HelloFresh UK

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







Roast the Sweet Potato

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the sweet potatoes into 1cm chunks (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 20-25 mins. Turn halfway through.



Tofu Time

Meanwhile, 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, add the tofu to the pan and fry until golden all over, 6-8 mins. Turn occasionally.



Finish your Prep

While the **tofu** cooks, peel and grate the **garlic** (or use a garlic press).

Zest and cut the **lime** into wedges (see ingredients for amount).

Once golden, transfer the **tofu** to a bowl, toss with the Indonesian style spice mix and set aside.



Build the Flavour

Pop the (now empty) pan back on medium-high heat with a drizzle of oil.

Once hot, add the garlic, ginger puree and tomato puree. Cook for 1 min.

Pour in the coconut milk, veg stock paste and water for the sauce (see pantry for amount). Stir to combine, then bring to the boil.



Add the Spinach

Simmer until the sauce has reduced slightly, stirring occasionally, 3-4 mins.

Stir in the **spinach** a handful at a time until it's wilted and everything is piping hot, 1-2 mins.

Remove from the heat, squeeze in some lime juice from a lime wedge and add half the soy sauce. Taste and add more lime juice and soy sauce if needed.



Finish and Serve

Stir the roasted sweet potato and fried tofu through the **stew**. Add a splash more **water** if you feel it needs it. Reheat if needed.

When everything's piping hot, serve your **sweet** potato and tofu stew in bowls.

Finish with a sprinkle of **lime zest**. Serve with the remaining lime wedges for squeezing over.

Enjoy!