



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

22

Classic 30-35 Minutes • Medium Spice • 3 of your 5 a day



Sweet Potato



Firm Tofu



Garlic Clove



Lime



Thai Style
Spice Blend



Ginger Puree



Tomato Puree



Coconut Milk



Vegetable Stock
Paste



Baby Spinach



Soy Sauce



Diced Chicken
Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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

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

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Firm Tofu** (11)	280g	420g	560g
Garlic Clove**	2	3	4
Lime**	½	1	1
Thai Style Spice Blend (3)	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

Diced Chicken Breast**	1 pack	1 pack	1 pack
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Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	647g	100g	637g	100g
Energy (kJ/kcal)	2710 /648	419 /100	2636 /630	414 /99
Fat (g)	28.4	4.4	21.0	3.3
Sat. Fat (g)	17.8	2.7	17.0	2.7
Carbohydrate (g)	68.9	10.7	65.0	10.2
Sugars (g)	22.1	3.4	21.2	3.3
Protein (g)	28.3	4.4	42.1	6.6
Salt (g)	3.47	0.54	3.52	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 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, cereals containing 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Roast the Sweet Potato

Preheat your oven to 240C/220C 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, 16-18 mins. Turn halfway through.



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.



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, fry the **tofu** until golden all over, 6-8 mins. Turn frequently to ensure it doesn't burn.

CUSTOM RECIPE

If you've chosen to get **chicken** instead of **tofu**, fry on medium-high heat until golden, 5-6 mins, then add to the bowl of **spices** and set aside. Add the **chicken** back into the pan in step 4, it will cook through while simmering. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



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 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 **Thai style spice blend** and set aside.



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!