



Thai Green Style Tofu Curry

with Garlic Rice and Green Beans

Classic 25-30 Minutes • Mild Spice

22



Garlic Clove



Jasmine Rice



Firm Tofu



Green Beans



Lime



Thai Style
Spice Blend



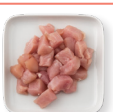
Thai Green
Style Paste



Coconut Milk



Vegetable Stock
Paste



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

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
Firm Tofu** 11	280g	420g	560g
Green Beans**	80g	150g	150g
Lime**	½	¾	1
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Thai Green Style Paste	45g	67g	90g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Oil for Cooking*	½ tbsp	½ tbsp	½ tbsp
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	563g	100g	553g	100g
Energy (kJ/kcal)	3015 / 721	536 / 128	2942 / 703	532 / 127
Fat (g)	35.5	6.3	28.2	5.1
Sat. Fat (g)	21.3	3.8	20.5	3.7
Carbohydrate (g)	73.4	13.0	69.5	12.6
Sugars (g)	5.5	1.0	4.6	0.8
Protein (g)	27.8	4.9	41.6	7.5
Salt (g)	2.25	0.40	2.30	0.42

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, 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Garlic Rice

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

Pop a deep saucepan (with a tight-fitting lid) on medium heat with the **oil for cooking** (see pantry for amount).

Once hot, add the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) 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

Next, stir the **Thai green style paste** into the pan and cook for 1 min.

Add the **coconut milk** and **vegetable stock paste**. Stir to combine, bring to the boil, then turn the heat down to medium and simmer until thickened slightly, 4-5 mins.



Fry the Tofu

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**.

CUSTOM RECIPE

If you've chosen to get **chicken** instead, heat the pan on medium-high heat. Cook until browned all over, 5-6 mins, then add the **green beans** and continue as instructed. The **chicken** will cook through while simmering in step 4. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken. It's cooked when no longer pink in the middle.*



Finishing Touches

Once the **curry** has thickened, season with **salt**, **pepper** and a squeeze of **lime juice**. Taste and add more **salt**, **pepper** or more **lime juice** if needed.

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** (add less if you'd prefer things milder). Toss to coat evenly and cook for 30 secs.



Serve Up

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

Serve with any remaining **lime wedges** on the side for squeezing over.

Enjoy!