



Palak Tofu Curry

with Basmati Rice and Crispy Onions

Classic 25-30 Minutes • Mild Spice

22



Basmati Rice



Garlic Clove



Firm Tofu



Korma Curry Paste



Curry Powder Mix



Vegetable Stock Paste



Mango Chutney



Creme Fraiche



Baby Spinach



Crispy Onions



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Plain Flour, Butter

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



'Palak' is Hindi for spinach, the iron-rich leafy green in this mildly spiced, creamy curry - not to be confused with 'saag', which means any kind of leafy greens! Firm tofu, made from compressed soybeans, is the perfect vehicle for soaking up the delicious flavours.

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

Saucepan, lid, garlic press, kitchen paper, bowl and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------------|----------|-----------|-----------|
| Basmati Rice | 150g | 225g | 300g |
| Garlic Clove** | 2 | 3 | 4 |
| Firm Tofu** 11) | 250g | 375g | 500g |
| Korma Curry Paste 9) | 50g | 75g | 100g |
| Curry Powder Mix | 1 sachet | 1 sachet | 2 sachets |
| Vegetable Stock Paste | 10g | 15g | 20g |
| Mango Chutney | 40g | 60g | 80g |
| Creme Fraiche** 7) | 75g | 150g | 150g |
| Baby Spinach** | 40g | 100g | 100g |
| Crispy Onions 13) | 1 sachet | 1½ sachet | 2 sachets |
| Diced British Chicken Breast** | 240g | 390g | 480g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Plain Flour* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Salt for the Tofu* | ¼ tsp | ½ tsp | ½ tsp |
| Water for the Sauce* | 150ml | 225ml | 300ml |
| Butter* | 20g | 30g | 40g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|-----------|---------------|-----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 562g | 100g | 567g | 100g |
| Energy (kJ/kcal) | 3485 / 833 | 620 / 148 | 3369 / 805 | 594 / 142 |
| Fat (g) | 40.7 | 7.2 | 32.4 | 5.7 |
| Sat. Fat (g) | 16.8 | 3.0 | 15.9 | 2.8 |
| Carbohydrate (g) | 90.8 | 16.2 | 88.7 | 15.6 |
| Sugars (g) | 16.2 | 2.9 | 15.7 | 2.8 |
| Protein (g) | 29.4 | 5.2 | 42.1 | 7.4 |
| Salt (g) | 4.07 | 0.72 | 4.23 | 0.75 |

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

Allergens

7) Milk **9)** Mustard **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, mollusc, 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.

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Cook the Rice

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

Stir in the **rice** 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).



Make the Sauce

Wipe out the (now empty) pan and pop back on medium heat with a drizzle of **oil**.

Add the **garlic**, **korma curry paste** and **curry powder**. Fry for 30 secs.

Next, stir in the **vegetable stock paste**, **mango chutney** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat.



Prep the Tofu

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks and pop into a medium bowl.

Sprinkle over the **flour** and **salt for the tofu** (see pantry for both amounts). Toss together so the **tofu** is nicely coated.

↔ Swap to Chicken Breast

If you've chosen **chicken** instead, coat in the same way. **IMPORTANT:** Wash hands and utensils after handling raw meat.



Add the Spinach

Add the **tofu** back into the pan and simmer until the **liquid** has reduced slightly, 2-3 mins.

Stir in the **creme fraiche** and **butter** (see pantry for amount).

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Season with **salt** and **pepper** and remove from the heat.

Add a splash more **water** if you feel it needs it.



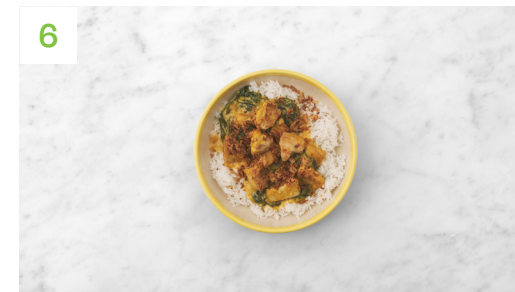
Fry the Tofu

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Meanwhile, clean out the **tofu** bowl. Once the **tofu** is crispy, transfer it to the (now clean) bowl and set aside for later.

↔ Swap to Chicken Breast

Heat the pan on medium-high heat instead. Fry the **chicken**, 8-10 mins, then continue as instructed. **IMPORTANT:** Cook so there's no pink in the middle.



Serve

Share the **rice** out between your serving bowls.

Spoon over the **curry**. Sprinkle on the **crispy onions** to finish.

Enjoy!