

# Palak Tofu Curry

with Basmati Rice and Crispy Onions

Classic 25-30 Minutes • Mild Spice



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

**+ Add Chicken Breast**

If you chose to add diced 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** <b>11</b>	250g	375g	500g
Korma Curry Paste <b>9</b>	50g	75g	100g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste	10g	15g	20g
Mango Chutney	40g	60g	80g
Crema Fraiche** <b>7</b>	75g	150g	150g
Baby Spinach**	40g	100g	100g
Crispy Onions <b>13</b>	1 sachet	1½ sachets	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
Water for the Sauce*	150ml	225ml	300ml
Salt*	¼ tsp	½ tsp	½ tsp
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	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 onto 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** (see pantry for both amounts). Toss together so the **tofu** is nicely coated.

## + Add Chicken Breast

If you've chosen **chicken** instead, coat in the same way, then cook for the same amount of time in the next step. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Add the Spinach

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

Pour in the **crema fraiche** and **butter** (see pantry for amount).

Stir 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.



## Serve

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

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

## Enjoy!