



Crispy Coconut Tofu and Massaman Curry with Zesty Rice

22

Classic 40-45 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Tofu



Bell Pepper



Lime



Spring Onion



Garlic Clove



Basmati Rice



Panko Breadcrumbs



Thai Style
Spice Blend



Desiccated Coconut



Massaman Style
Curry Paste



Vegetable Stock
Paste



Coconut Milk
Paste

Pantry Items

Oil, Salt, Pepper, Egg

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kitchen paper, fine grater, garlic press, saucepan, lid, bowl, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Tofu** 11	280g	420g	560g
Bell Pepper***	1	1½	2
Lime**	½	1	1
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Basmati Rice	150g	225g	300g
Panko Breadcrumbs 13	25g	37g	50g
Thai Style Spice Blend 3	2 sachets	3 sachets	4 sachets
Desiccated Coconut	15g	22g	30g
Massaman Style Curry Paste	75g	75g	150g
Vegetable Stock Paste 10	10g	15g	20g
Coconut Milk	200ml	300ml	400ml
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Egg*	1	1	1
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	493g 3635 / 869	100g 738 / 176
Fat (g)	43.2	8.8
Sat. Fat (g)	26.3	5.3
Carbohydrate (g)	89.2	18.1
Sugars (g)	7.6	1.5
Protein (g)	34.3	7.0
Salt (g)	3.13	0.63

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, 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

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1 Get Prepped

Drain the **tofu**, then cut widthways into slices (3 per person). Pat dry with kitchen paper and season with **salt**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Zest the **lime** and slice into wedges. Thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).



4 Crisp the Tofu

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the tofu fries properly - heat for 2-3 mins before you add the tofu.

Once the **oil** is hot, carefully lay the **tofu** into the pan, reduce the heat to medium-high and fry until golden-brown, 8-10 mins total. Turn every 2-3 mins and adjust the heat if necessary. **TIP:** Fry in batches if needed, adding more oil to the pan if it's looking dry.

Transfer the **tofu** to a plate lined with kitchen paper.

Allow the (now empty) pan to cool slightly, then wipe out and return to medium-high heat with a drizzle of **oil** if needed.



2 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).



5 Curry Up

Once the pan is hot, add the **bell pepper** and fry until just soft, 3-4 mins.

Add the **garlic** and **massaman style curry paste**. Cook, stirring, until fragrant, 1 min.

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

Cook, stirring regularly, until thickened, 5-6 mins. Add a good squeeze of **lime juice**.



3 Bring on the Spicy Crumb

Meanwhile, in a medium bowl, combine the **panko breadcrumbs**, **Thai style spice blend** and **desiccated coconut**. Season with **salt** and **pepper**.

In a separate bowl, crack and beat the **egg** (see pantry for amount).

Dip each **tofu slice** into the **egg mixture**, shaking off any excess, then dip it into the **breadcrumb mixture** and toss to coat.



6 Finish and Serve

When everything's ready serve, fluff up the **rice** with a fork and stir through the **lime zest**.

Share your **zesty rice** between your bowls and spoon over the **massaman curry**.

Top with the **crispy tofu** and finish with a sprinkling of **spring onion**. Serve with any remaining **lime wedges** alongside.

Enjoy!