

Korma Glazed Tofu Wraps and Chips

with Kachumber Inspired Salad and Yoghurt

Tasty Tofu 35-40 Minutes • 1 of your 5 a day • Veggie



Potatoes



Cucumber



Medium Tomato



Red Wine Vinegar



Tofu



Korma Style Paste



Mango Chutney



Plain Taco Tortilla



Greek Style Natural
Yoghurt

Before you start

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

Cooking tools

Baking tray, bowl, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cucumber**	½	¾	1
Medium Tomato	1	2	2
Red Wine Vinegar 14)	12g	18g	24g
Tofu** 11)	280g	420g	560g
Korma Style Paste 9)	50g	75g	100g
Mango Chutney	40g	60g	80g
Plain Taco Tortilla 13)	4	6	8
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3163 / 756	478 / 114
Fat (g)	28.0	4.2
Sat. Fat (g)	6.1	0.9
Carbohydrate (g)	96.3	14.5
Sugars (g)	22.1	3.3
Protein (g)	31.2	4.7
Salt (g)	2.57	0.39

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
14) Sulphites

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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Cook the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop them 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Bring on the Korma Glaze

Stir the **korma style paste** into the **tofu** pan and cook for 30 secs, then add the **mango chutney** and **water for the sauce** (see pantry for amount).

Stir to glaze the **tofu**, then remove from the heat and season with **salt** and **pepper**. Add a splash of **water** if it's a little dry.



Make the Kachumber Salad

Trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces. Cut the **tomato** into 1cm chunks.

In a medium bowl, mix together the **red wine vinegar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**. Add the **cucumber** and **tomatoes** to the **dressing**, toss to coat, then set aside.

Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.



That's a Wrap

When the **tofu** is nearly ready, lay the **tortillas** (2 per person) onto a baking tray.

Pop onto the middle shelf of your oven to warm through, 1-2 mins.



Tofu Time

When your **chips** are halfway through cooking, 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.



Assemble and Serve

When everything's ready, lay the **warmed tortillas** on your plates.

Spoon the **glazed tofu** across the centre of each **tortilla**, then pile some of the **kachumber inspired salad** on top.

Drizzle over the **yoghurt**, then fold up the ends to make your **wraps**.

Serve with the **chips** and remaining **kachumber salad** alongside.

Enjoy!