



Sweet Potato, Ginger & Garlic Tofu Stew with Lime and Spinach

22

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Sweet Potato



Smoked Tofu



Garlic Clove



Red Chili



Lime



Ginger Puree



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Baby Spinach



Soy Sauce

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, kitchen paper, frying pan, garlic press, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Smoked Tofu** (11)	1	1½	2
Garlic Clove**	2	3	4
Red Chilli**	½	1	1
Lime**	½	1	1
Ginger Puree	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste (10)	10g	15g	20g
Baby Spinach**	40g	100g	100g
Soy Sauce (11) (13)	25ml	25ml	50ml

Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	2640 /631	475 /114
Fat (g)	27.0	4.9
Sat. Fat (g)	17.7	3.2
Carbohydrate (g)	67.6	12.2
Sugars (g)	19.2	3.5
Protein (g)	26.1	4.7
Salt (g)	4.47	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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Roast the Sweet Potato

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **sweet potatoes** into 1cm chunks (no need to peel). Pop 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, roast on the top shelf until golden, 20-25 mins. Turn halfway through.



Fry the Tofu

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

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **tofu** to the pan and fry until golden all over, 6-8 mins, turning occasionally.



Finish the Prep

While the **tofu** cooks, peel and grate the **garlic** (or use a garlic press).

Thinly slice **half** the **chilli** and finely chop the rest.

Zest and halve the **lime**.



Build the Flavour

Once golden, transfer the **tofu** to a bowl and set aside.

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **garlic**, **ginger puree**, **finely chopped chilli** (careful, it's hot - add less if you'd prefer things milder) and **tomato puree**. Cook for 1 min.

Pour in the **coconut milk**, **water for the sauce** (see ingredients for amount) and **veg stock paste**, then bring to the boil.



Simmer your Stew

Simmer until the **sauce** has reduced slightly, stirring occasionally, 3-4 mins.

Stir in the **spinach** a handful at a time until it's wilted and everything is piping hot, 1-2 mins.

Remove from the heat, squeeze in some of the **lime juice** and add **half** the **soy sauce**. Taste and add more **lime juice** and **soy sauce** if needed.

Stir through the **roasted sweet potato** and **fried tofu**, then add a splash more **water** if you feel it needs it.



Garnish and Serve

When everything is piping hot, serve your **sweet potato and tofu stew** in bowls.

Sprinkle with the **lime zest** and as much of the **sliced chilli** (careful, it's hot) as you'd like to finish.

Enjoy!