



Thai Green Style Tofu Curry

with Zesty Jasmine Rice and Green Beans

Classic 25-30 Minutes • Mild Spice • Veggie

22



Garlic Clove



Jasmine Rice



Tofu



Green Beans



Lime



Indonesian Style
Spice Mix



Thai Green
Curry Paste



Coconut Milk



Vegetable Stock
Paste

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, saucepan, lid, kitchen paper, frying pan and fine grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Jasmine Rice	150g	225g	300g
Tofu** 11)	280g	420g	560g
Green Beans**	80g	150g	150g
Lime**	½	¾	1
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Thai Green Curry Paste	45g	67g	90g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	2765/661	684/163
Fat (g)	29.4	7.3
Sat. Fat (g)	17.7	4.4
Carbohydrate (g)	73.3	18.1
Sugars (g)	5.4	1.3
Protein (g)	26.7	6.6
Salt (g)	2.14	0.53

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

Allergens

10) Celery 11) Soya

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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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Rice

Peel and grate the **garlic** (or use a garlic press).

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

Stir in the **rice**, **half the garlic** 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).



Curry Up

Stir the **Thai green curry paste** into the pan and cook for 30 secs.

Pour in the **coconut milk** and **water for the sauce** (see pantry for amount), stir together, then mix in the **veg stock paste**.

Bring to the boil, then turn the heat down to medium and simmer the **curry** until thickened slightly, 5-7 mins.



Prep the Tofu

Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.



Season to Taste

When the **curry** has thickened, taste and season with **salt**, **pepper** and a squeeze of **lime juice**.

Add a splash of **water** if it's a little too thick, then remove from the heat.



Get Frying

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, trim the **green beans**, then cut into thirds. Zest and halve the **lime**.

Once the **tofu** is crispy, turn the heat down to medium and add the **green beans**, **garlic** and **Indonesian style spice mix**. Toss to coat evenly and cook for 30 secs.



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**.

Share the **zesty rice** and **tofu curry** between your bowls. Serve with any remaining **lime wedges** on the side for squeezing over.

Enjoy!