



Sweet Soy Tofu & Katsu Curry

with Garlic Rice & Garlic Greens

NEW

Grab your meal kit with this number

40



Garlic



Jasmine Rice



Onion



Asian Greens



Baby Broccoli



Firm Tofu



Sweet Soy Seasoning



Curry Powder



Katsu Paste



Coconut Milk



Chicken Breast



Pork Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Tofu must be one of the most versatile proteins, you can flavour it however you like! Take this one for example - flavoured with sweet soy seasoning and perfectly paired with a katsu curry sauce. All you need is some garlic rice to soak up and enhance all those layers of yumminess!

Pantry items

Olive Oil, Butter, Plain Flour, Soy Sauce, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
onion	½	1
Asian greens	1 packet	2 packets
baby broccoli	½ bunch	1 bunch
firm tofu	½ packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
curry powder	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
water* (for the curry)	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2479kJ (592Cal)	410kJ (98Cal)
Protein (g)	21.5g	3.6g
Fat, total (g)	35.1g	5.8g
- saturated (g)	23.6g	3.9g
Carbohydrate (g)	47.1g	7.8g
- sugars (g)	13.7g	2.3g
Sodium (mg)	1292mg	213mg
Dietary Fibre (g)	8.9g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the tofu

- Return frying pan to medium high heat with a generous drizzle of **olive oil**. When the oil is hot, shake excess flour off the **tofu** and cook, turning occasionally, until golden, **4-6 minutes**. Transfer to a bowl.

2



Get prepped

- Meanwhile, cut **onion** into thin wedges. Roughly chop **Asian greens**. Trim **baby broccoli** (halve any thick stalks lengthways).
- Pat **firm tofu (see ingredients)** dry with paper towel, then cut into 1cm cubes.
- In a medium bowl, combine **tofu**, **sweet soy seasoning**, a drizzle of **olive oil** and a pinch of **salt**. Add **plain flour**, tossing **tofu** to coat.

3



Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** until tender, **5-6 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl, season to taste and cover to keep warm.

5



Make the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **onion** and cook until tender, **4-5 minutes**.
- Add **curry powder**, **katsu paste**, **coconut milk**, the **soy sauce**, **brown sugar** and **water (for the curry)**. Stir to combine and simmer until slightly thickened, **2-3 minutes**.

6



Serve up

- Divide garlic rice between bowls. Top with sweet soy tofu and garlic greens. Pour over katsu curry. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

