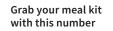


NEW















Asian Greens





Baby Broccoli







Katsu Paste

Coconut Milk





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



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

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	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	1/2	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)	1/4 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.



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!



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.



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.



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.



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.



Serve up

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



ADD CHICKEN BREAST

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



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.

