

Glazed Mumbai Tofu & Rapid Rice

with Garlic Veggies & Slivered Almonds

ADAPT FOR KIDS

NEW

Grab your meal kit with this number

9



Recipe Update

We've replaced the crushed roasted cashews in this recipe with slivered almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Jasmine Rice



Vegetable Stock Powder



Green Beans



Carrot



Firm Tofu



Mumbai Spice Blend



Slivered Almonds



Garlic Paste



Apricot Sauce



Greek-Style Yoghurt



Chicken Breast



Peeled Pumpkin Pieces

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

We're all for plant-based meals that don't sacrifice on flavour or satiety, and this one ticks all the boxes! This tofu is gently spiced with Mumbai flavours and tossed in a sweet apricot sauce for mouth-watering goodness. Garlicky veggies and fluffy rice are the perfect accompaniments!

Pantry items

Olive Oil, Plain Flour

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
green beans	1 medium packet	1 large packet
carrot	1	2
firm tofu	½ packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
slivered almonds	1 packet	2 packets
garlic paste	1 small packet	1 medium packet
apricot sauce	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1852kJ (443Cal)	444kJ (106Cal)
Protein (g)	18.5g	4.4g
Fat, total (g)	17.4g	4.2g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	52.6g	12.6g
- sugars (g)	16.8g	4g
Sodium (mg)	2148mg	515mg
Dietary Fibre (g)	6.4g	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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12-14 minutes**.
- Drain, return to saucepan and add the **vegetable stock powder**. Stir to combine.

3



Cook the veggies & tofu

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot**, tossing regularly, until tender, **5-6 minutes**.
- In the **last minute** of cook time, add **garlic paste** and cook until fragrant, **1 minute**. Season to taste. Transfer to a bowl and cover to keep warm.
- Return frying pan to medium-high heat with a generous drizzle of **olive oil**. Dust off any excess flour and cook **tofu**, tossing occasionally, until browned and warmed through, **3-5 minutes**.
- Remove pan from heat, then add **apricot sauce** and a splash of **water**, tossing **tofu** to coat. Season to taste.

CUSTOM OPTIONS



ADD CHICKEN BREAST

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



ADD PUMPKIN PEELED & DICED

Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt. Roast until tender, 20-25 minutes. Toss through veggies before serving.

2



Get prepped

- Meanwhile, trim **green beans**. Thinly slice **carrot** into sticks. Pat **firm tofu** (**see ingredients**) dry with paper towel and cut into 1cm cubes.
- In a medium bowl, add **tofu**, **Mumbai spice blend**, the **plain flour** and a pinch of **salt** and **pepper**. Toss **tofu** to coat.
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until toasted, **3-5 minutes**.

ADAPT FOR KIDS: Reduce the heat! Leave the Mumbai spice blend off the child's portion of tofu. Cook tofu in two separate batches.

4



Serve up

- Divide rice and garlic veggies between bowls.
- Top with apricot glazed tofu for kid's portion.
- Top with Mumbai glazed tofu, a dollop of **Greek-style yoghurt** and sprinkle over slivered almonds for adults portion. Enjoy!

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

