



Tofu Stir Fry & Coconut Sauce

with Soy Veggies, Garlic Rice & Peanuts

Grab your meal kit with this number

40



Garlic



Basmati Rice



Green Beans



Asian Greens



Carrot



Plain Tofu



Curry Powder



Bengal Curry Paste



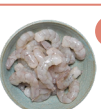
Coconut Milk



Crushed Peanuts



Diced Chicken



Peeled Prawns

Prep in: 25-35 mins
Ready in: 35-45 mins

Plant Based

Our tofu is cooked to crispy perfection in our curry powder. Then, we've teamed it with a dazzling coconut sauce made using Bengal curry paste, plus steamed rice flavoured with fragrant garlic. When you serve this up, everyone will be singing your praises!

Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce

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	2 cloves	4 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
green beans	1 small packet	1 medium packet
Asian greens	1 packet	2 packets
carrot	1	2
plain tofu	½ packet	1 packet
soy sauce*	drizzle	drizzle
curry powder	1 sachet	2 sachets
Bengal curry paste	1 medium packet	1 large packet
coconut milk	½ large packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4263kJ (1018Cal)	643kJ (153Cal)
Protein (g)	28.1g	4.2g
Fat, total (g)	61.2g	9.2g
- saturated (g)	33.2g	5g
Carbohydrate (g)	80.1g	12.1g
- sugars (g)	11.7g	1.8g
Sodium (mg)	544mg	82mg
Dietary Fibre (g)	8.6g	1.3g

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

2025 | CW06



1 Make the garlic rice

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

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



4 Cook the veggies

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**. Add a drizzle of the **soy sauce** and a splash **water**, then transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.



2 Get prepped

- While the rice is cooking, trim **green beans**.
- Roughly chop **Asian greens**.
- Thinly slice **carrot** into half-moons.
- Cut **plain tofu (see ingredients)** into 2cm chunks.



5 Make the sauce

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. Cook **curry powder** and **Bengal curry paste**, stirring until fragrant, **1 minute**.
- Add **coconut milk (see ingredients)** and the **water (for the sauce)** and simmer until slightly thickened, **1-2 minutes**. Remove from the heat.



3 Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, cook **tofu**, turning occasionally, **4-5 minutes**. Transfer to a plate.



6 Finish & serve

- Divide garlic rice between bowls.
- Top with soy veggies and tofu stir fry.
- Pour over coconut sauce.
- Garnish with **crushed peanuts** to serve. Enjoy!

CUSTOM
OPTIONS



ADD DICED CHICKEN

Cook with veggies, until browned and cooked through, 3-4 minutes.



ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

