

# Caribbean Tofu & Creamy Coconut Sauce

with Pineapple Slaw & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Firm Tofu



Pineapple Slices



Mild Caribbean Jerk Seasoning



Slaw Mix



Coconut Milk



Vegetable Stock Powder



Salad Leaves



Crushed Peanuts



Herbs

**Keep an eye out...**  
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

 Plant Based

Give tofu the "Jamaican jerk" treatment and bring the flavours of the Caribbean to your table. For the quintessential experience, serve the seasoned tofu with basmati rice, pineapple slaw and an easy coconut sauce to drizzle over the top.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
firm tofu	1 packet	2 packets
pineapple slices	1 tin	2 tins
mild Caribbean jerk seasoning	1 sachet	1 sachet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
coconut milk	1 box (200ml)	1 tin (400ml)
vegetable stock powder	1 medium sachet	1 large sachet
salad leaves	1 bag (30g)	1 bag (60g)
crushed peanuts	1 packet	2 packets
herbs	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3686kJ (881Cal)	654kJ (156Cal)
Protein (g)	32.9g	5.8g
Fat, total (g)	43.3g	7.7g
- saturated (g)	20.5g	3.6g
Carbohydrate (g)	90.2g	16g
- sugars (g)	22.3g	4g
Sodium (mg)	1312mg	233mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Cook the rice & get prepped

- In a medium saucepan, add the **water** and bring to boil. Add **basmati rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.
- While rice is cooking, pat **firm tofu** dry with paper towel. Cut **tofu** into 2cm chunks. Reserve some **juice** (2 tbs for 2P / 1/4 cup for 4P) from **pineapple slices**, then drain.
- In a medium bowl, combine **tofu**, 1/2 the **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Season with **salt** and toss to coat. Set aside.

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

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## Toss the slaw

- While the tofu is cooking, combine **slaw mix**, **pineapple**, **reserved pineapple juice** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.
- Wipe out the frying pan and return to a medium heat with a drizzle of **olive oil**. Cook **coconut milk**, **vegetable stock powder** and remaining **jerk seasoning** and simmer until thickened slightly, **2-3 minutes**. Season to taste.

2



## Cook the pineapple & tofu

- Heat a large frying pan over a high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Transfer to a plate, then roughly chop **pineapple**.
- Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **tofu**, tossing occasionally, until browned and warmed through **3-5 minutes**. Season to taste. Transfer to a plate and cover to keep warm.

4



## Serve up

- Stir **salad leaves** through rice.
- Divide basmati rice and pineapple slaw between bowls.
- Top with Caribbean tofu, then spoon over coconut sauce.
- Garnish with **crushed peanuts**. Tear over **herbs** to serve.

Enjoy!