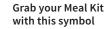


Japanese Sweet-Soy Tofu Curry with Garlic Rice & Crispy Shallots

CLIMATE SUPERSTAR

















Carrot





Light Coconut

Sweet Soy Seasoning



Coriander



Crispy Shallots



Firm Tofu



Plant Based

Pantry items

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
capsicum	1	2
onion	1 (medium)	1 (large)
carrot	1	2
firm tofu	½ packet	1 packet
plain flour*	½ tbs	1 tbs
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 packet	2 packets
light coconut milk	½ packet	1 packet
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
water* (for the curry)	½ cup	1 cup
coriander	1 bag	1 bag
crispy shallots	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3028kJ (724Cal)	581kJ (139Cal)
Protein (g)	21.2g	4.1g
Fat, total (g)	24.4g	4.7g
- saturated (g)	14.5g	2.8g
Carbohydrate (g)	102.1g	19.6g
- sugars (g)	23.5g	4.5g
Sodium (mg)	1873mg	359mg

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.



Make the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat a drizzle of olive oil over medium heat. Cook 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 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 capsicum into bite-sized chunks. Roughly chop onion. Thinly slice carrot into half-moons.
- Pat firm tofu (see ingredients) dry with paper towel. Cut tofu into 1cm cubes.
- In a medium bowl, combine tofu, the plain flour, 1/2 the sweet soy seasoning and a pinch of salt and pepper, then gently toss until well coated.



Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook tofu, tossing occasionally, until browned and warmed through, 3-5 minutes.
- Transfer to a bowl and cover to keep warm.



Cook the veggies

 Wipe out and return frying pan to medium-high heat with a drizzle of olive oil. Cook capsicum, carrot and onion until tender, 5-6 minutes.



Finish the curry

- Add katsu paste, light coconut milk (see ingredients), brown sugar, soy sauce, the water (for the curry) and remaining sweet soy seasoning.
- Stir to combine and simmer until slightly thickened, **2-3 minutes**. Season to taste.



Serve up

- Divide garlic rice and Japanese-style curry between bowls.
- Top with sweet-soy tofu. Tear over coriander.
 Garnish with crispy shallots. Enjoy!



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