



Japanese Sweet-Soy Tofu Curry

with Garlic Rice & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Onion



Carrot



Sweet Soy Seasoning



Katsu Paste



Light Coconut Milk



Coriander



Crispy Shallots



Firm Tofu

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

Plant Based

You'll be off to visit your happy place when you get a taste of this dish. Sweet with a touch of salt, that's how we're cooking up the tofu tonight. Add it to a katsu sauce curry with pan-fried veggies for crunch and colour. We wish you safe travels to bliss.

Pantry items

Olive Oil, Plain Flour, Brown Sugar, Soy Sauce

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
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!



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**.



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.



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.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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