



THAI RED TOFU CURRY

with Peanuts & Green Beans



Make a vegetarian
Thai red curry!



Jasmine Rice



Firm Tofu



Brown Onion



Green Beans



Garlic



Asian Greens



Makrut Lime
Leaves



Thai Red
Curry Paste



Coconut Milk



Crushed Peanuts

- Hands-on: **35** mins
- Ready in: **35** mins
- Spicy (Thai red curry paste)

Enjoy the medley of fragrant flavours in this red curry with a gentle warming heat. The tofu cubes are fried separately so they get lightly golden, adding a delicious contrast against the rich coconut sauce. With makrut lime leaves bringing an enticing aroma and crushed peanuts for addictive crunch, this is an easy way to enjoy a taste of Thailand at home.

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 PREP THE TOFU

While the rice is cooking, pat the **firm tofu (see ingredients list)** dry with paper towel and cut into 1cm cubes.



3 FRY THE TOFU

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **tofu** and a **good pinch of salt and pepper**. Cook, turning occasionally, until golden, **3-4 minutes**. Transfer to a plate.



4 PREP THE VEGGIES

Thinly slice the **brown onion**. Trim the **green beans** and cut into thirds. Finely chop the **garlic** (or use a garlic press). Roughly chop the **Asian greens**. Remove the centre veins from the **makrut lime leaves**, then very finely chop. **TIP:** *Makrut lime leaves have a fibrous texture, so you want to cut them into small pieces!*



5 MAKE THE CURRY

SPICY! *The curry paste is spicy so use less if you're sensitive to heat.* Return the pan to a medium-high heat with a **drizzle** more **olive oil**. Add the **onion** and **green beans** and cook until softened, **4-5 minutes**. Add the **garlic** and **Thai red curry paste (see ingredients list)** and cook until fragrant, **1 minute**. Add the **coconut milk (see ingredients list)** and **makrut lime leaves** and simmer until the sauce has thickened slightly, **2-3 minutes**. Add the **Asian greens, tofu** and **soy sauce** to the curry and stir until wilted and heated through.



6 SERVE UP

Divide the jasmine rice between bowls and top with the Thai red tofu curry. Sprinkle with the **crushed peanuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|-----------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| water* (for the rice) | 1¼ cups | 2½ cups |
| jasmine rice | 1 packet | 2 packets |
| firm tofu | ½ block | 1 block |
| brown onion | 1 | 2 |
| green beans | 1 bag (100 g) | 1 bag (200 g) |
| garlic | 2 cloves | 4 cloves |
| Asian greens | 1 bunch | 1 bunch |
| makrut lime leaves | 2 leaves | 4 leaves |
| Thai red curry paste | ¾ tub (75 g) | 1½ tubs (150 g) |
| coconut milk | ¾ tin (300 ml) | 1½ tins (600 ml) |
| soy sauce* | 1 tsp | 2 tsp |
| crushed peanuts | 1 packet | 2 packets |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3490kJ (835Cal) | 613kJ (146Cal) |
| Protein (g) | 27.0g | 4.7g |
| Fat, total (g) | 39.9g | 7.0g |
| - saturated (g) | 19.8g | 3.5g |
| Carbohydrate (g) | 84.6g | 14.8g |
| - sugars (g) | 14.3g | 2.5g |
| Sodium (g) | 1180mg | 207mg |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2019 | WK35

HelloFRESH