



# Sticky Tofu Pilaf

with Mango Chutney

**CLASSIC** 35 Minutes • Little Heat • 2 of your 5 a day



Echalion Shallot



Garlic Clove



Green Beans



Smoked Tofu



North Indian Style Curry Powder



Nigella Seeds



Basmati Rice



Knorr Vegetable Stock Pot



Vine Tomatoes



Flat Leaf Parsley



Lemon



Mango Chutney

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Sieve, Saucepan, Measuring Jug, Mixing Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Echalion Shallot**	1	2	2
Garlic Clove**	1	2	2
Green Beans**	1 small punnet	1 large punnet	2 small punnets
Smoked Tofu <b>11</b> **	1 block	1½ blocks	2 blocks
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Knorr Vegetable Stock Pot <b>10</b>	1 sachet	1½ sachets	2 sachets
Vine Tomatoes	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Olive Oil for the Tomatoes*	1 tbsp	1½ tbsp	2 tbsp
Mango Chutney	2 sachets	3 sachets	4 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	512g	100g
Energy (kJ/kcal)	2448/585	478/114
Fat (g)	13	3
Sat. Fat (g)	2	1
Carbohydrate (g)	90	18
Sugars (g)	31	6
Protein (g)	24	5
Salt (g)	4.25	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

10) Celery 11) Soy

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Prep the Veggies

Pop the kettle onto boil for **water** to use for the rice. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop into thirds. Drain the **tofu** then chop into 2cm chunks.



## 4. Make the Salsa

Meanwhile, chop the **vine tomatoes** into small chunks and pop into a bowl. Roughly chop the **parsley** (stalks and all) and halve the **lemon**. Stir **half** of the **parsley** into the tomato bowl and season with **salt** and a squeeze of **lemon juice**. Stir in the **oil** (see ingredients for amount) and keep to one side.



## 2. Start the Rice

Heat a splash of **oil** in a saucepan over medium heat. Add the **shallot**, stir and cook until softened, 3 mins. Add the **garlic**, **curry powder** and **half** the **nigella seeds**, stir and cook for another minute.



## 5. Cook the Tofu

Heat a splash of **oil** in a frying pan over high heat. When the **oil** is hot, add the **tofu pieces** and stir fry until golden brown and crispy all over, 8-10 mins, adjusting the heat if necessary. Toss the **tofu** frequently to make sure it browns on all sides. When golden, season with **salt** and squeeze on the **mango chutney** and stir gently to coat. Sprinkle on the remaining **nigella seeds**. Remove from the heat.



## 3. Finish the Rice

Next add the **rice** and stir to coat in the **spices**. Pour in the **water** (see ingredients for amount), add the **Knorr veg stock pot**, stir and cover with a lid. Cook on medium-low heat for 5 mins, then remove the lid and quickly put the **green beans** on top of the **rice**. Pop the lid back on, cook for 5 mins more then remove from the heat. Leave for 10 mins. The **rice** will finish cooking in its own steam.



## 6. Finish and Serve

Fluff the **rice** up with a fork. Add the **tomato salsa** and stir in gently. Season to taste with **salt**, **pepper** and **lemon juice**. Share the **rice** between your bowls and top with the **tofu nuggets**. Spoon the warm **mango chutney** all over and finish with a sprinkle of **parsley**.

Enjoy!