



# Sweet Potato, Ginger & Garlic Tofu Stew with Lime and Spinach

22

Classic 30 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Sweet Potato



Smoked Tofu



Red Onion



Garlic Clove



Red Chilli



Lime



Ginger Puree



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Baby Spinach



Soy Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, kitchen paper, bowl, frying pan, garlic press, fine grater and measuring jug.

## Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Smoked Tofu**	1	2	2
11)			
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Red Chilli**	½	1	1
Lime**	½	1	1
Ginger Puree	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	100g	100g
Soy Sauce 11) 13)	25ml	25ml	50ml

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	609g	100g
Energy (kJ/kcal)	2726 /652	448 /107
Fat (g)	27	4
Sat. Fat (g)	18	3
Carbohydrate (g)	73	12
Sugars (g)	21	4
Protein (g)	27	4
Salt (g)	4.12	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

10) Celery 11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Roast the Sweet Potato

Preheat your oven to 220°C. Chop the **sweet potatoes** into 1cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** Once your oven is hot, roast on the top shelf until golden, 20-25 mins. Turn halfway through.



## Cook the Tofu

Meanwhile, chop the **tofu** into 2cm cubes. Pat dry with some kitchen paper. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **tofu** to the pan, then fry until golden all over, 6-8 mins, turning occasionally. Tip the **tofu** into a bowl and set aside. Keep the pan.



## Finish the Prep

While the **tofu** cooks, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Thinly slice **half** the **chilli** and finely chop the rest. Zest and halve the **lime**.



## Start the Stew

Pop the pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and fry until softened, 3-4 mins. Stir in the **garlic**, **ginger puree**, **finely chopped chilli** (careful, it's hot - add less if you don't like heat) and **tomato puree**. Cook for 1 min. Stir in the **coconut milk**, **water for the sauce** (see ingredients for amount) and **vegetable stock paste**.



## Simmer

Bring to the boil and simmer until the **sauce** has reduced slightly, stirring occasionally, 3-4 mins. Stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins. Remove from the heat, squeeze in some of the **lime juice** and add **half** the **soy sauce**. Taste and add more **lime juice** and **soy sauce** if needed, then stir in the **roasted sweet potato** and **tofu**. **TIP: Add a splash more water to the stew if it's a bit dry.**



## Serve

When everything is piping hot, serve your **sweet potato and tofu stew** in bowls with the **sliced chilli** (add less if you don't like heat) and **lime zest** sprinkled on top.

## Enjoy!