



Thai Style Crispy Tofu Red Curry with Charred Pepper and Garlic Rice

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

21



Garlic



Jasmine Rice



Tofu



Green Pepper



Cornflour



Red Thai Curry Paste



Peanut Butter



Coconut Milk



Soy Sauce



Chilli Flakes

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Saucepan, Colander, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Garlic Clove	2	3	4
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Tofu 11 **	280g	420g	560g
Green Pepper**	1	2	2
Cornflour	10g	15g	20g
Red Thai Curry Paste	75g	100g	150g
Peanut Butter 1	1 sachet	2 sachets	2 sachets
Coconut Milk	200 ml	300 ml	400 ml
Water for the Sauce*	150ml	225ml	300ml
Soy Sauce 11 13	1 sachet	1½ sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	470g	100g
Energy (kJ/kcal)	3229 /772	687 /164
Fat (g)	40	8
Sat. Fat (g)	18	4
Carbohydrate (g)	71	15
Sugars (g)	6	1
Protein (g)	30	6
Salt (g)	5.29	1.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Cook the Rice

Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a medium saucepan. When hot, add **half** the **garlic** and stir-fry for 1 min. Pour the **cold water for the rice** (see ingredients for amount) into the saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Curry in a Hurry

Wipe out the (now empty) frying pan and return it to the heat with a drizzle of **oil** if the pan looks a little dry. Add the **red Thai curry paste**, **peanut butter** and remaining **garlic**, stir-fry for 1 min. Add the **coconut milk** and **water for the sauce** (see ingredients for amount), stir to combine then simmer until thickened slightly, 3-4 mins.



Finish the Prep

Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **pepper** and fry until charred, 3-4 mins. Try not to stir the **peppers** too much, you want them to pick up some colour.



Finish the Curry

Once the **curry** has thickened, stir in the **tofu**, **charred pepper**, **soy sauce** and **chilli flakes** (add less if you don't like too much heat). Add a splash of **water** if the **curry** looks a little thick.



Fry the Tofu

Meanwhile, pop the **cornflour** into a large bowl and season it with **salt** and **pepper**. Add the **tofu** to the bowl and toss to evenly coat it in the **cornflour**. Once the **pepper** has charred, transfer it to a plate. Pop the pan back on the heat with a drizzle of **oil**. Once hot, add the **tofu** (leaving any excess **cornflour** behind). Fry until golden all over, 6-8 mins, turning occasionally. Tip the **tofu** into a clean bowl and set aside. Keep the pan, we will use it again.



Serve

Fluff up the **rice** with a fork and share it between your bowls. Spoon over the **tofu curry** and sprinkle over any remaining **chilli flakes** (if you wish) to finish.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.