



# Crispy Tofu Red Thai Style Curry with Zesty Rice

Classic 40-45 Minutes • Medium Spice • Veggie

22



Basmati Rice



Tofu



Thai Style  
Spice Blend



Carrot



Lime



Garlic Clove



Panko  
Breadcrumbs



Red Thai  
Style Paste



Soy Sauce



Coconut Milk

**Pantry Items**

Oil, Salt, Pepper, Egg, Sugar

## Before you start

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

## Cooking tools

Saucepan, lid, kitchen paper, fine grater, garlic press, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Tofu** <b>11)</b>	280g	420g	560g
Thai Style Spice Blend <b>3)</b>	1 sachet	2 sachets	2 sachets
Carrot**	1	2	2
Lime**	½	1	1
Garlic Clove**	2	3	4
Panko Breadcrumbs <b>13)</b>	50g	75g	100g
Red Thai Style Paste	50g	75g	100g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Coconut Milk	200ml	300ml	400ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Egg*	1	1	1
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	<b>486g</b>	<b>100g</b>
Energy (kJ/kcal)	3663 /875	754 /180
Fat (g)	39.6	8.2
Sat. Fat (g)	22.1	4.6
Carbohydrate (g)	100.3	20.6
Sugars (g)	10.0	2.1
Protein (g)	35.0	7.2
Salt (g)	3.91	0.80

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **11)** Soya **13)** Cereals containing 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

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



## Time to Fry

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** *You want the oil to be hot so the tofu fries properly - heat for 2-3 mins before you add the tofu.*

Once hot, carefully lay the **tofu** into the pan, reduce the heat to medium-high and fry until golden-brown, 4-6 mins each side. Adjust the heat if necessary. **TIP:** *Fry in batches if needed, adding more oil to the pan if it's looking dry.*

Transfer the **fried tofu** to a plate lined with kitchen paper.



## Get Prepped

While the **rice** cooks, drain the **tofu**, then cut widthways into slices (3 per person). Pat dry with kitchen paper and sprinkle over the **Thai style spice mix**, pressing it in so it sticks.

Trim the **carrot**, then slice into 1cm thick rounds (no need to peel).

Zest the **lime** (see ingredients for amount) and cut into wedges. Peel and grate the **garlic** (or use a garlic press).



## Curry Up

Allow the (now empty) pan to cool slightly, then wipe out and return to medium heat with a drizzle of **oil**.

Once hot, add the **carrot** and stir-fry until just tender, 4-5 mins.

Add the **garlic** and **red Thai style paste**. Cook, stirring, until fragrant, 1 min.

Stir in the **soy sauce**, **coconut milk**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower the heat. Simmer, stirring regularly, until thickened, 3-4 mins. Add a good squeeze of **lime juice** from a **lime wedge**.



## Coat the Tofu

In a medium bowl, combine the **breadcrumbs** and **salt** (see pantry for amount).

In a separate bowl, crack and beat the **egg** (see pantry for amount).

Dip the **tofu** into the **egg**, shaking off any excess, then dip it into the **breadcrumb mixture** and toss to coat. Repeat the process with the remaining **tofu**.



## Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**.

Share your **zesty rice** between your bowls and spoon over the **red Thai style curry**.

Top with the **crispy tofu** and serve with any remaining **lime wedges** alongside.

## Enjoy!