



# Indonesian Inspired Spiced Tofu Curry with Green Beans & Bok Choy

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

N° 19



-  Green Beans
-  Bok Choy
-  Garlic Clove
-  Red Chilli
-  Jasmine Rice
-  Tofu
-  Cornflour
-  Indonesian Style Spice Mix
-  Ginger Puree
-  Coconut Milk
-  Soy Sauce

## 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, Bowl and Frying Pan.

## Ingredients

	2P	3P	4P
Green Beans**	80g	150g	150g
Bok Choy**	1	2	2
Garlic Clove	1	2	2
Red Chilli**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Tofu <b>11</b> **	280g	420g	560g
Cornflour	10g	15g	20g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Ginger Puree	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Soy Sauce <b>11</b> <b>13</b>	1 sachet	2 sachets	2 sachets
Water for Curry*	50ml	75ml	100ml

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2690 /643	591 /141
Fat (g)	26	6
Sat. Fat (g)	16	4
Carbohydrate (g)	73	16
Sugars (g)	5	1
Protein (g)	27	6
Salt (g)	3.25	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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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HelloFresh UK

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## Prep

Trim the **green beans** then halve. Halve the **bok choy** lengthways. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.



## Bok Around the Clock

Return the frying pan to a medium-high heat with a drizzle of **oil**. Once hot, lay in the **bok choy**, cut-side down. Season with **salt** and **pepper**. Cook for 2 mins, then turn over and cook for another 2 mins on the other side. The **bok choy** should be slightly browned and charred. Add a splash of **water** and pop a lid (or some foil) on the pan and leave to steam for another 3 mins. Remove the **bok choy** to a plate and cover with foil to keep warm.



## Rice to See You

Pour the cold **water** for the **rice** (see ingredients for amount) into a medium 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 Up

Wipe out and return the pan to a medium-high heat. When the pan is hot, add the **green beans** and stir-fry until tender, 3-4 mins. Add the **Indonesian style spice** mix, **ginger puree** and **garlic**. Stir-fry for a further 1 min. Add the **coconut milk**, **soy sauce** and **water** (see ingredients for amount). Bring to a boil and turn the heat down, simmer until slightly thickened, 5-6 mins.



## Tofu Time

Meanwhile, drain the **tofu** then pat dry with kitchen paper. Chop into 2cm cubes. Pop the **tofu** into a bowl with the **cornflour** (see ingredients for amount) and **salt** and **pepper**. Mix well to coat the **tofu**. Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **tofu** pieces to the pan. Fry until slightly crispy, 8-10 mins. Carefully turn every 1-2 mins to ensure they don't burn. Remove the **tofu** from the pan to a plate and wipe out the pan.



## Time to Serve

When everything is ready, stir the **tofu** through your **curry**, ensuring it is piping hot. Season to taste with **salt** and **pepper**. Fluff the **rice** and share between your bowls. Top with the **tofu curry** and **bok choy**, and sprinkle over the **chilli**.

## 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.