



Everything
But The Chef

hello@hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK01
2016



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Tofu Fried Rice

We just had to use this yellow curry paste again, and we know you're going to love it. Stirring through a bit of this stuff means a tasty fried rice with no boring bits in sight! It's a mild, fragrant blend, but if you're a bit sheepish about spice, try adding half of the mixture first and adjusting the spice level as you see fit. Enjoy this fresh take on an old takeaway classic, complete with delicious Thai tofu throughout.

- Prep:** 15 mins
- Cook:** 15 mins
- Total:** 30 mins
- level 1**
- lactose free**
- vegan**
- low kJ**

Pantry Items



Water



Vegetable
Oil



Jasmine Rice



Thai Tofu



Carrot



Green Capsicum



Tomato



Spring Onions



Yellow Curry Paste



Lime

2P	4P	Ingredients
1 cup	2 cups	Jasmine rice
4 cups	6 cups	water *
2 tsp	1 tbs	vegetable oil *
1 packet	2 packets	Thai tofu, cubed
1	2	carrot, peeled & finely diced
1	2	green capsicum, finely diced
1 bunch	2 bunches	spring onions, white & green parts finely sliced
2 tsp	1 tbs	yellow curry paste
1	2	tomato, diced
½	1	lime, cut into wedges

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1640	Kj
Protein	23.5	g
Fat, total	13.7	g
-saturated	1.7	g
Carbohydrate	40.8	g
-sugars	8.7	g
Sodium	684	mg

Measuretool

0 cm	1 cm	2 cm

2a



You will need: chopping board, chef's knife, vegetable peeler, sieve, medium saucepan, and a large wok or frying pan.

1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium saucepan over a high heat and bring to the boil. Reduce the heat to medium and simmer for **10-12 minutes** or until rice is soft. Drain well.

2b



2 Meanwhile, heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the **Thai tofu** and cook for **1-2 minutes** or until just golden. Remove from the pan and set aside. Add the **carrot, green capsicum** and the **white parts of the spring onion**. Stir fry for **2-3 minutes** or until just tender. Add in the **yellow curry paste** and cook, stirring for **1 minute** or until fragrant. Add the rice, tofu, **tomato** and the **green parts of the spring onion** and stir until evenly coated in the paste. Squeeze in the juice of half of the **lime wedges**. Remove from the heat.

2c



3 To serve, divide the fried rice between bowls. Serve with the remaining lime wedges.

3d



Did you know? The yellow in this curry paste comes from the addition of tumeric.