



Quick Tofu Curry Vermicelli

with Coconut, Veggies & Coriander

Grab your Meal Kit with this symbol



Carrot



Capsicum



Garlic



Vermicelli Noodles



Malaysian Tofu



Cornflour



Ginger Paste



Sri Lankan Spice Blend



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Coriander

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Plant based

Tofu skeptics, our latest plant-based recipe might just get you on the tofu train. Coating the tofu in cornflour takes it to the next level in the pan, and its peanutty marinade complements the mildly spiced sauce and zingy coriander beautifully. The silky noodles are there to help you slurp up all the creamy deliciousness, while the veggies add crunch, colour and a little sweetness.

Pantry items

Olive Oil, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
vermicelli noodles	1 packet	2 packets
Malaysian tofu	1 packet	2 packets
cornflour	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
Sri Lankan spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium tin	1 large tin
soy sauce*	2 tbs	¼ cup
water*	½ cup	¾ cup
baby spinach leaves	1 small bag	1 medium bag
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2979kJ (711Cal)	601kJ (143Cal)
Protein (g)	23.9g	4.8g
Fat, total (g)	32.9g	6.6g
- saturated (g)	15.4g	3.1g
Carbohydrate (g)	75.8g	15.3g
- sugars (g)	56.1g	11.3g
Sodium (mg)	1930mg	390mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the veggies

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Roughly chop **capsicum**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over high-heat. Cook **carrot** and **capsicum**, tossing, until tender, **5-6 minutes**. Transfer to a bowl and cover to keep warm.



Make the sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **ginger paste**, **garlic**, **Sri Lankan spice blend** and **Mumbai spice blend**, stirring, until fragrant, **1-2 minutes**.
- Add **coconut milk**, the **soy sauce** and the **water**. Stir to combine, then simmer until slightly reduced, **1-2 minutes**.
- Remove from heat. Add **noodles**, **baby spinach leaves** and the cooked **veggies**, tossing to combine.



Cook the tofu

- While veggies are cooking, place **vermicelli noodles** in a large heatproof bowl. Add enough **boiling water** to cover noodles. Cover and set aside until tender, **3-4 minutes**. Drain **noodles**, then set aside and cover to keep warm.
- While noodles are cooking, cut **Malaysian tofu** into 2cm chunks. In a medium bowl, combine **tofu**, **cornflour** and a good pinch of **salt**.
- Return frying pan to medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **tofu**, turning occasionally, until golden, **2-4 minutes**. Transfer to a paper towel-lined plate.



Serve up

- Divide curry vermicelli between bowls.
- Top with tofu.
- Tear over **coriander** to serve.

Enjoy!

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