



Southeast Asian Tofu & Coconut Curry

with Cashews & Ginger-Garlic Rice

Grab your Meal Kit with this symbol



Red Onion



Garlic



Ginger Paste



Basmati Rice



Carrot



Capsicum



Japanese Tofu



Southeast Asian Spice Blend



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Roasted Cashews

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

Plant based

With hints of coriander, paprika, cumin and ginger, our Southeast Asian spice blend stands up well to creamy coconut milk, creating the perfect base for this plant-based curry. The tender tofu chunks soak up the sauce like a treat, while the pickled onion garnish adds a touch of tang to cut the richness.

Pantry items

Olive Oil, Rice Wine Vinegar, Plant-Based Butter, Soy Sauce, Brown Sugar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
ginger paste	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
capsicum	1	2
Japanese tofu	1 packet	2 packets
Southeast Asian spice blend	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin
water* (for the curry)	¼ cup	½ cup
vegetable stock powder	1 medium sachet	1 large sachet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3789kJ (906Cal)	647kJ (155Cal)
Protein (g)	29.8g	5.1g
Fat, total (g)	46g	7.9g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	87.7g	15g
- sugars (g)	17.9g	3.1g
Sodium (mg)	1244mg	213mg

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.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the **pickling liquid**. Add just enough **water** to cover the **onion** and set aside.



Cook the tofu & veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **tofu**, tossing, until browned, **3-4 minutes**. Transfer to a bowl and cover to keep warm. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Stir-fry the **carrot** and **capsicum** until tender, **5-6 minutes**.



Cook the ginger-garlic rice

Finely chop the **garlic**. In a medium saucepan, heat the **plant-based butter** and a dash of **olive oil** over a medium heat. Cook the **ginger paste** and **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Bring it all together

To the pan with the veggies, add the **Southeast Asian spice blend** and cook, stirring, until fragrant, **1 minute**. Stir in the **coconut milk**, the **water (for the curry)**, **vegetable stock powder**, **soy sauce** and **brown sugar**. Return the **tofu** to the pan, then simmer until slightly thickened, **1-2 minutes**. Stir through the **baby spinach leaves** until wilted. Season to taste.



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Cut the **capsicum** into bite-sized chunks. Cut each piece of the **Japanese tofu** into halves.



Serve up

Drain the pickled onion. Divide the ginger-garlic rice between bowls. Top with the Southeast Asian tofu curry. Spoon over some pickled onion. Sprinkle with the **roasted cashews** to serve.

Enjoy!

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