



Thai Red Tofu & Veggie Curry

with Peanuts, Lime & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Baby Broccoli



Carrot



Zucchini



Malaysian Tofu



Ginger Paste



Mild Thai Red Curry Paste



Coconut Milk



Lime



Crushed Peanuts

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 20-30 mins
- Ready in: 30-40 mins
- Spicy (Mild Thai Red Curry Paste)

If you're after a Thai curry without the heat, this veggie version is for you! It's still full of flavour too, thanks to peanutty tofu, zingy ginger paste, mild red curry paste and creamy coconut milk. Don't forget to add the peanuts for crunch, and a squeeze of lime to cut the richness.

Pantry items

Olive Oil, 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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
baby broccoli	1 bunch	2 bunches
carrot	1	2
zucchini	1	2
Malaysian tofu	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
mild Thai red curry paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
lime	½	1
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3545kJ (847Cal)	611kJ (146Cal)
Protein (g)	28.1g	4.8g
Fat, total (g)	36.9g	6.4g
- saturated (g)	15.9g	2.7g
Carbohydrate (g)	91.9g	15.8g
- sugars (g)	24.8g	4.3g
Sodium (mg)	1598mg	275mg

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 rice

Add the **water** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Get prepped

While the rice is cooking, finely chop the **garlic**. Trim the **baby broccoli** and slice in half. Thinly slice the **carrot** and **zucchini** into half-moons. Cut the **Malaysian tofu** into 2cm chunks.



Cook the tofu

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **tofu** until browned through, **3-4 minutes**. Transfer to a bowl.



Start the curry

SPICY! This is a mild curry paste, but add less if you're sensitive to heat. Return the pan to a medium-high heat with a drizzle of **olive oil**. Stir-fry the **baby broccoli**, **carrot** and **zucchini** until just softened, **4-5 minutes**. Add the **garlic**, **ginger paste** and **mild Thai red curry paste** (see ingredients) and cook until fragrant, **1-2 minutes**.



Finish the curry

Add the **coconut milk** and simmer until slightly thickened, **2-3 minutes**. Stir in the **soy sauce** and **brown sugar**. Return the **tofu** to the pan and stir to combine and heat through.



Serve up

Slice the **lime** into wedges. Divide the rice between bowls and spoon over the Thai red tofu and veggie curry. Garnish with the **crushed peanuts** and serve with the lime wedges.

Enjoy!

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