



# North Indian Tofu Curry

with mushrooms and rice

Veggie Calorie Smart 25-30 mins • Spicy

10



Tofu



Rice



Chopped Tomato with Onion & Garlic



Rogan Josh Curry Paste



Mushrooms



Garlic



Chives



North Indian Style Spice Mix



Honey

Pantry Items: Salt, Pepper, Sugar, Water, Butter (Optional), Oil



Rate your recipe!

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Tofu	280 g	560 g
Rice	150 g	300 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Rogan Josh Curry Paste	1 sachet	2 sachets
Mushrooms	250 g	500 g
Garlic	2 units	4 units
Chives	5 g	10 g
North Indian Style Spice Mix	2 sachets	4 sachets
Honey	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	575.5 g	100 g
Energy (kJ/kcal)	2466 kJ/ 589 kcal	429 kJ/ 102 kcal
Fat (g)	13.2 g	2.3 g
Sat. Fat (g)	2.1 g	0.4 g
Carbohydrate (g)	86.7 g	15.1 g
Sugars (g)	17.6 g	3.1 g
Protein (g)	31.2 g	5.5 g
Salt (g)	3.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Share your creations with  
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](mailto:hellofresh.ie/about/faq)



You can recycle me!



### Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins, then remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Simmer the Curry

- Reduce the heat to medium-high and add the **garlic** and remaining **North Indian spice**.
- Fry until fragrant, 30 secs.
- Pop in the **chopped tomatoes**, ½ tsp **sugar** and 50ml **water** (double both for 4p).
- Cover and simmer for 4-5 mins.



### Crisp the Tofu

- Drain the **tofu** and chop into 1cm cubes. Pat dry with kitchen paper.
- Toss the **tofu** with a drizzle of **oil**, **half the North Indian spice** and ½ tsp **salt** (double for 4p).
- Place a separate pot over high heat with a good glug of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 6-8 mins. Shift frequently to ensure it doesn't burn. Transfer to a bowl and cover to keep warm.
- Remove the pot from the heat and reserve to use later.



### Finishing Touches

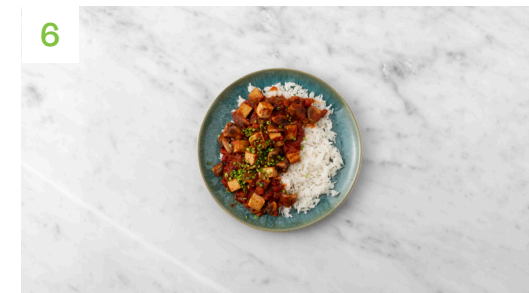
- Once the curry has simmered, remove the pot from the heat.
- Stir through the **tofu**, **rogan josh paste**, **honey** and a knob of **butter**.
- Season to taste with **salt**, **pepper** and **sugar**.

**TIP:** Add a splash of water if you feel the sauce needs loosening.



### Fry the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press). Roughly chop the **mushrooms**.
- Roughly chop the **chives** (use scissors if you prefer).
- Return the pot to a high heat with a drizzle of **oil**.
- Once hot, fry the **mushrooms** until softened, 3-4 mins. Shift frequently to ensure they don't burn. Season with **salt** and **pepper**.



### Garnish and Serve

- Divide the **tofu** curry between bowls.
- Fluff up the **rice** with a fork and serve alongside.
- Finish with a sprinkling of chopped **chives**.

**Enjoy!**