



Fragrant Thai Spiced Tofu Curry with courgette and carrot

Veggie Quick Cook 20 - 25 mins • Spicy

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Rice



Courgette



Carrot



Lime



Red Thai Style Paste



Coconut Milk



Thai Style Spice Mix



Tofu



Miso Paste



Scallion



Dried Chilli Flakes

Pantry Items: Salt, Oil, Pepper, Water



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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, pan with lid, pot with lid

Ingredients

	2P	4P
Rice	150 g	300 g
Courgette	1 unit	2 units
Carrot	1 unit	2 units
Lime	½ unit	1 unit
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Thai Style Spice Mix	2 sachets	4 sachets
Tofu	180 g	360 g
Miso Paste	1 sachet	2 sachets
Scallion	1 unit	2 units
Dried Chilli Flakes	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	506 g	100 g
Energy (kJ/kcal)	2757.3 kJ/ 659 kcal	544.9 kJ/ 8130.2 kcal
Fat (g)	26.4 g	5.2 g
Sat. Fat (g)	15.8 g	3.1 g
Carbohydrate (g)	83.2 g	16.4 g
Sugars (g)	12.2 g	2.4 g
Protein (g)	24.9 g	4.9 g
Salt (g)	4.5 g	0.9 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.

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Cook 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 and cover with the lid.
- Cook for 10 mins then remove 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 Sauce

- Stir through the **red Thai paste**, **coconut milk** and **miso paste**.
- Cover and simmer for 2-3 mins.



Get Prepped

- Meanwhile, trim the **courgette** and chop into 1cm cubes.
- Trim the **carrot** then slice into ½ cm thick rounds (no need to peel).
- Quarter the **lime**. Trim and thinly slice the **scallion**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.
- Drain the **tofu** and pat dry with kitchen paper. Coarsely grate the **tofu**.



Finishing Touches

- Add a squeeze of **lime** juice to your curry.
- Loosen the sauce with a splash of **water** if you feel it's too thick.
- Taste and season with **salt**, **pepper** and more **lime** juice if you like.



Time to Fry

- Place a large pan over high heat with a drizzle of **oil**.
- Add the **carrot** and fry until tender, 5-6 mins.
- Lower the heat to medium-high then add the **tofu**, **courgette** and **Thai spice** to the pan.
- Fry until fragrant, stirring occasionally, 2-3 mins.



Garnish and Serve

- Divide the **rice** between bowls and top with the **tofu** Thai curry.
- Finish with a sprinkling of **scallion** and as much of the dried **chilli flakes** as you like (use less if you don't like spice).
- Serve any remaining **lime** wedges on the side for squeezing over.

Enjoy!