



Creamy Tofu Curry with roasted broccoli and rice

Veggie Quick Cook 20 – 25 mins

8



Broccoli



Rice



Onion



Garlic



Scallion



Korma Curry Paste



Tomato Paste



Stock



Coconut Milk



North Indian
Style Spice Mix



Ground Coriander



Tofu

Pantry Items: Water, Salt, Pepper, Oil, Sugar



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

Baking sheet with baking paper, grater, pot with lid

Ingredients

	2P	4P
Broccoli	1 unit	1 unit
Rice	150 g	300 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Scallion	2 units	4 units
Korma Curry Paste	1 sachet	2 sachets
Tomato Paste	1 tin	2 tins
Stock	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
North Indian Style Spice Mix	1 sachet	2 sachets
Ground Coriander	1 sachet	2 sachets
Tofu	250 g	500 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	559.5 g	100 g
Energy (kJ/kcal)	3384.9 kJ/ 809 kcal	605 kJ/ 144.6 kcal
Fat (g)	34.6 g	6.2 g
Sat. Fat (g)	17.1 g	3.1 g
Carbohydrate (g)	92.1 g	16.5 g
Sugars (g)	17.4 g	3.1 g
Protein (g)	35.4 g	6.3 g
Salt (g)	2.7 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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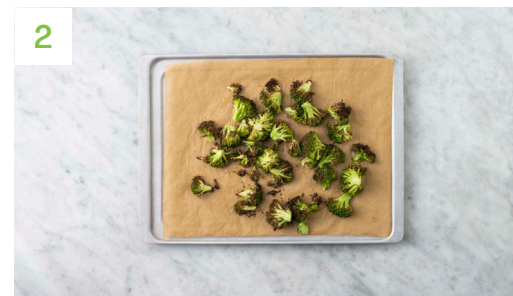
Cook the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- 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. Remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Tofu

- Place a pan 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. Season with **salt** and **pepper**.
- Transfer to a bowl and return the pan to medium-high heat with a drizzle of **oil**.



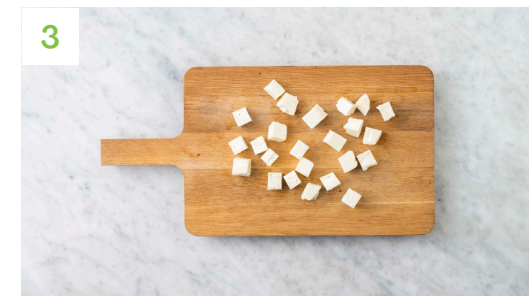
Roast the Broccoli

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pop the **broccoli** onto a lined baking tray.
- Drizzle with **oil**, season with **pepper** then toss to coat.
- Spread out in a single layer and roast on the top shelf of your oven until edges are slightly charred, 10-15 mins.



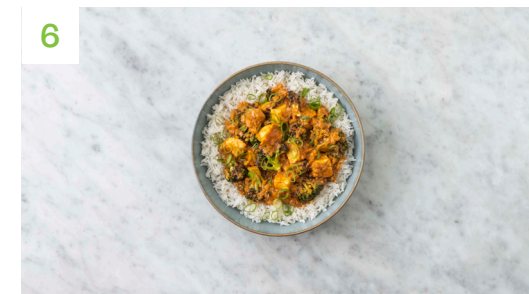
Simmer Your Sauce

- Add the **onion** to the pan and cook until softened, 4-5 mins.
- Stir in the **garlic**, **korma paste**, **tomato paste** and **North Indian spice mix**. Cook, stirring, until fragrant, 1 min.
- Add 50ml **water** and ½ tsp **sugar** (double both for 4p) then stir in the **stock**.
- Bring to the boil and simmer until reduced by one-third, 4-5 mins.
- Stir in the **coconut milk**, the **broccoli** and the **tofu** and cook until piping hot, 1-2 mins.



Get Prepped

- Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Toss with a drizzle of **oil**, the **ground coriander**, **salt** and **pepper**.
- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallion**.



Finish and Serve

- Taste the curry and add more **salt**, **pepper** or **sugar** if you feel it needs it.
- Loosen with a splash of **water** if it's thickened too much.
- Fluff up the **rice** with a fork then spoon into bowls.
- Top with the **tofu** curry and a sprinkling of **scallion**.

Enjoy!