



North Indian Spiced Tofu Loaded Naan

with chutney and vibrant side salad

20 – 25 mins • Veggie • Spicy

8



Rogan Josh Curry Paste



Chopped Tomato with Onion & Garlic



Cranberry Chutney



Salad Leaves



Apple Cider Vinegar



North Indian Style Spice Mix



Bell Pepper



Mayo



Naan



Tofu

Pantry Items: Salt, Oil, Pepper, Sugar



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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

Baking sheet with baking paper, pan with lid

Ingredients

	2P	4P
Rogan Josh Curry Paste	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Cranberry Chutney	1 sachet	2 sachets
Salad Leaves	120 g	240 g
Apple Cider Vinegar	1 sachet	2 sachets
North Indian Style Spice Mix	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Mayo	2 sachets	4 sachets
Naan	2 units	4 units
Tofu	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	633.4 g	100 g
Energy (kJ/kcal)	2974.8 kJ/ 711 kcal	469.7 kJ/ 112.3 kcal
Fat (g)	22.7 g	3.6 g
Sat. Fat (g)	3.1 g	0.5 g
Carbohydrate (g)	93.1 g	14.7 g
Sugars (g)	25 g	3.9 g
Protein (g)	30 g	4.7 g
Salt (g)	6.3 g	1 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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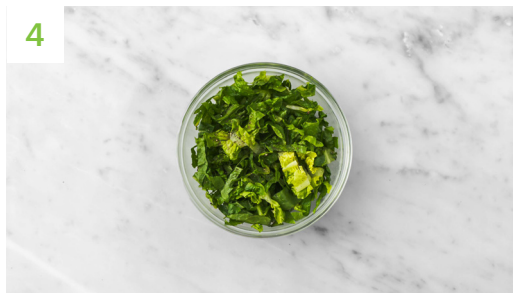


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Fry the Tofu

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Toss with a drizzle of **oil**, **North Indian spice**, ½ tsp **salt** (double for 4p) and a pinch of **pepper**.
- 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.



Make the Salad

- While the **naans** bake, trim the **salad leaves**, halve lengthways and thinly slice widthways.
- In a bowl for the salad, make the dressing by mixing **apple cider vinegar**, 1 tbsp **oil**, ½ tsp **sugar**, ¼ tsp **salt**, (double all for 4p) and a pinch of **pepper**.



Start the Curry

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Add the **pepper** to the **tofu** and fry for 2-3 mins. Reduce the heat to medium-high.
- Pop in ½ tsp **sugar** (double for 4p) and the **chopped tomatoes** and mix well.
- Cover and simmer for 4-6 mins.



Finishing Touches

- Just before serving, toss the **salad leaves** through the dressing.
- Season to taste with **salt** and **pepper**.
- Once the **naan** is baked, drizzle the **mayo** over the top.



Top the Naan

- Once simmered, remove the pan from the heat.
- Stir in the **rogan josh paste** and **cranberry chutney**.
- Season to taste with **salt**, **pepper** and **sugar**.
- Place the **naans** on a lined baking tray and divide the **tofu** curry between them.
- Bake on the top shelf of the oven until golden and toasted, 4-5 mins.

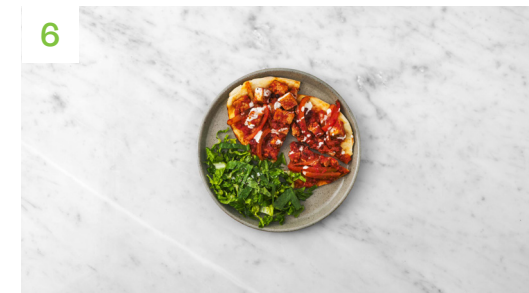


Plate and Serve

- Share the loaded **naans** between plates.
- Serve the salad alongside.

Enjoy!