

Creamy Tofu Curry with roasted broccoli and rice

















Scallion



Korma Curry Paste





Tomato Paste

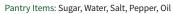








North Indian Style Spice Mix





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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, 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
Tofu	180 g	360 g
Coconut Milk	1 pack	2 packs
North Indian Style Spice Mix	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	525 g	100 g
Energy (kJ/kcal)	3179.8 kJ/ 760 kcal	605.7 kJ/ 144.8 kcal
Fat (g)	31.6 g	6 g
Sat. Fat (g)	16.7 g	3.2 g
Carbohydrate (g)	91.6 g	17.4 g
Sugars (g)	17.4 g	3.3 g
Protein (g)	30.4 g	5.8 g
Salt (g)	2.6 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 (per 2P) 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).



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.



Get Prepped

- Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- 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.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Fry the Tofu

- Place a pan over high heat with a good glug of oil.
- Toss the tofu with half the North Indian spice, salt, pepper and a drizzle 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 mediumhigh heat with a drizzle of oil.



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 remaining North Indian spice mix. Cook, stirring, until fragrant, 1 min.
- Add 50ml water (per 2P) and ½ tsp sugar (per 2P) then stir in the stock.
- Bring to the boil and simmer until reduced by onethird, 4-5 mins.
- Stir in the **coconut milk**, the **broccoli** and the **tofu** and cook until piping hot, 1-2 mins.



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!