



Creamy Cashew Tofu Curry

with coriander and fragrant pilau rice

20 – 25 mins • Veggie • Equipment needed • Spicy

21



Rice



Cashew Nuts



North Indian Style Spice Mix



Passata



Ground Turmeric



Coriander



Onion



Creme Fraiche



Tofu



Stock

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



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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

Blender, pot with lid

Ingredients

	2P	4P
Rice	150 g	300 g
Cashew Nuts	20 g	40 g
North Indian Style Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Ground Turmeric	1 sachet	2 sachets
Coriander	5 g	10 g
Onion	1 unit	2 units
Creme Fraiche	220 g	440 g
Tofu	180 g	360 g
Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	453.7 g	100 g
Energy (kJ/kcal)	3581.5 kJ/ 856 kcal	789.4 kJ/ 188.7 kcal
Fat (g)	42.3 g	9.3 g
Sat. Fat (g)	19.1 g	4.2 g
Carbohydrate (g)	87.9 g	19.4 g
Sugars (g)	14.7 g	3.2 g
Protein (g)	26.6 g	5.9 g
Salt (g)	1.8 g	0.4 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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Make the Pilau

- Place a pot over medium-high heat with 300ml **water** (per 2P), **turmeric** and **stock**.
- Bring to the boil then add the **rice**.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

- Taste the curry and season with **salt**, **pepper** and **sugar**. Loosen with a splash of **water** if you feel it's too thick.
- Roughly chop the **coriander** (stalks and all).
- Fluff up the pilau **rice** with a fork and serve alongside the creamy curry.
- Finish with a sprinkling of **coriander**.

Enjoy!



Cook the Tofu

- Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Toss with **half** the **North Indian spice**, a drizzle of **oil**, ½ tsp **salt** (per 2P) and **pepper**.
- Place a pan on 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**.
- Once cooked, remove from the pan and set aside.



Simmer the Sauce

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **onion** until softened, 3-4 mins. Season with **salt** and **pepper**.
- Blend the **cashews** and **creme fraiche**.
- Add the remaining **North Indian spice** to the pan and cook for 1 min. Add **tofu**, **cashew cream**, **passata**, ½ tsp **sugar** (per 2P) and a knob of **butter**. Cook for 5-7 mins.

TIP: No blender? No problem! Finely chop the cashews instead!