



# Rich Tofu and Sweet Potato Curry

## with Buttery Basmati Rice

Veggie

Family Friendly

30 - 40 Minutes



Tofu  
1 | 2



Basmati Rice  
¾ cup | 1 ½ cup



Sweet Potato  
1 | 2



Baby Spinach  
28 g | 56 g



Yellow Onion  
1 | 1



Tikka Sauce  
½ cup | 1 cup



Curry Paste  
2 tbsp | 4 tbsp



Garlic Salt  
1 tsp | 2 tsp



Cream  
56 ml | 113 ml

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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**Pantry items** | Pepper, unsalted butter, salt

**Cooking utensils** | Baking sheet, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, large non-stick pan

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

1



### Prep and roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.
- Meanwhile, add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.

2



### Prep and cook rice

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Roughly chop **spinach**, if desired.
- Add **rice** to the **boiling water**. Reduce heat to low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat, then add **spinach**. Set aside, still covered.

3



### Prep tofu

- While the pan heats, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces.
- Season with **remaining garlic salt** and **pepper**.

4



### Start tofu and onions

- Heat a large non-stick pan over medium-high heat (**Note:** Heat large non-stick pan over high heat for 4 ppl).
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **tofu**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min. When **tofu** is halfway done, add **onions**. Cook until **onions** are tender, 3-4 min.

5



### Make sauce and finish tofu

- Add **curry paste** to the pan with **tofu**. Cook, stirring often, until fragrant, 30 sec.
- Reduce heat to medium-low, then add **tikka sauce**, **cream** and ¼ cup (½ cup) **water**. Cook, stirring occasionally, until **sauce** thickens slightly, 5-7 min.
- Add **roasted sweet potatoes**, then stir to combine. Remove from heat, then cover to keep warm.

6



### Finish and serve

- Fluff **rice and spinach** with a fork.
- Divide **rice and spinach** between plates.
- Top with **rich tofu and sweet potato curry**.