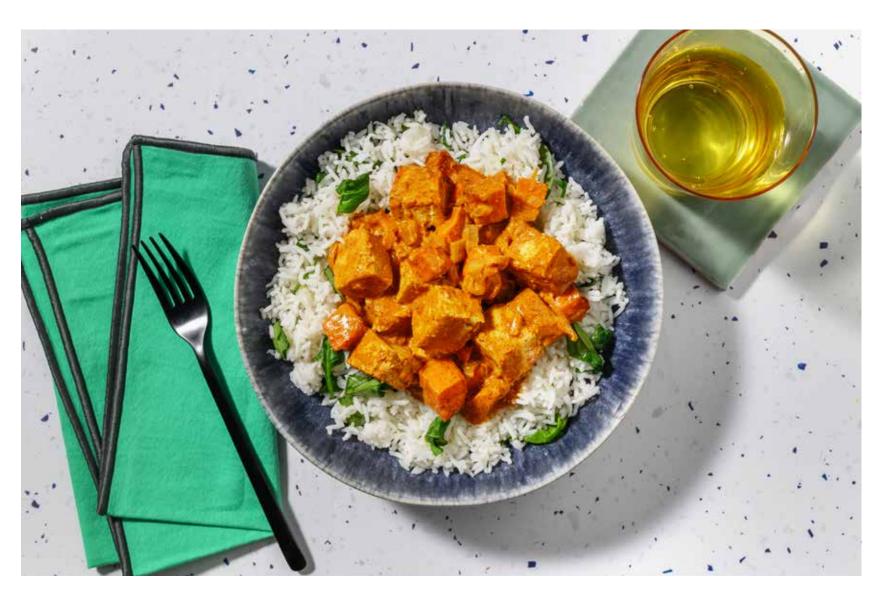


Rich Tofu and Sweet Potato Curry

with Buttery Basmati Rice

Veggie

30 Minutes













Sweet Potato 1 | 2

Baby Spinach 28 g | 56 g



Yellow Onion



1 | 1





Curry Paste 2 tbsp | 4 tbsp



1 tsp | 2 tsp



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



Prep and roast sweet potatoes

- 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 goldenbrown, 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.



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.



Prep tofu

- 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.



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 and onions. Cook, turning occasionally, until tofu is crispy and golden-brown all over and onions are tender, 6-7 min.



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.



Finish and serve

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

Measurements within steps 2 person 4 person

oil