



# Rich Tofu and Potato Curry with Buttery Basmati Rice

Veggie

30 Minutes



Tofu  
2 | 4



Basmati Rice  
¾ cup | 1 ½ cups



Yellow Potato  
200 g | 400 g



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.

**Pantry items** | Unsalted butter, oil, salt, pepper

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

Measurements  
within steps

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

1



### Prep and roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **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

- 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 the pan over high heat for 4 ppl).
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **tofu** and **onions**. Cook, turning occasionally, until **onions** are tender and **tofu** is crispy and golden-brown all over, 6-7 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 potatoes**, then stir to combine. Season with **salt** and **pepper**, to taste.
- 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 **tofu and potato curry**.