



Butter Tofu Curry

with Basmati Rice and Garlic Flatbreads

Veggie

35 Minutes



Tofu
1 | 2



Indian Spice Mix
1 tbsp | 2 tbsp



Tikka Sauce
½ cup | 1 cup



Yellow Onion
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Tomato
2 | 4



Basmati Rice
¾ cup | 1 ½ cups



Flatbread
2 | 4



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 spoons, silicone brush, medium pot, measuring cups, large non-stick pan, paper towels

Measurements
within steps

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

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

2



Prep

- While **rice** cooks, peel, then cut **onion** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.

3



Sear tofu

- Pat **tofu** dry with paper towels, then cut into 1-inch cubes. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- Pan-fry, turning **cubes** occasionally, until crispy and golden-brown all over, 6-7 min. (**TIP:** For 4 ppl cook tofu in 2 batches, using 1 tbsp oil per batch!)

4



Cook curry

- Add **tomatoes, onions, half the garlic puree** and **Indian Spice Mix** to the pan with **tofu**. Cook, stirring often, until **veggies** soften slightly, 2-3 min.
- Add **tikka sauce, cream** and ½ cup (¾ cup) **water**. Season with **salt** and **pepper**, then stir to combine.
- Bring to a simmer. Once simmering, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly.

5



Bake garlic flatbreads

- While curry cooks, add **flatbreads** to an unlined baking sheet.
- Brush with **1 tbsp** (2 tbsp) **oil** and **remaining garlic puree**. Season with **salt**.
- Bake in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep your eye on flatbreads so they don't burn!)

6



Finish and serve

- When **curry** is done, remove the pan from heat.
- Add **3 tbsp** (6 tbsp) **butter**. Stir until melted, 1 min.
- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **curry**. Tear **garlic flatbreads** and serve alongside.



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