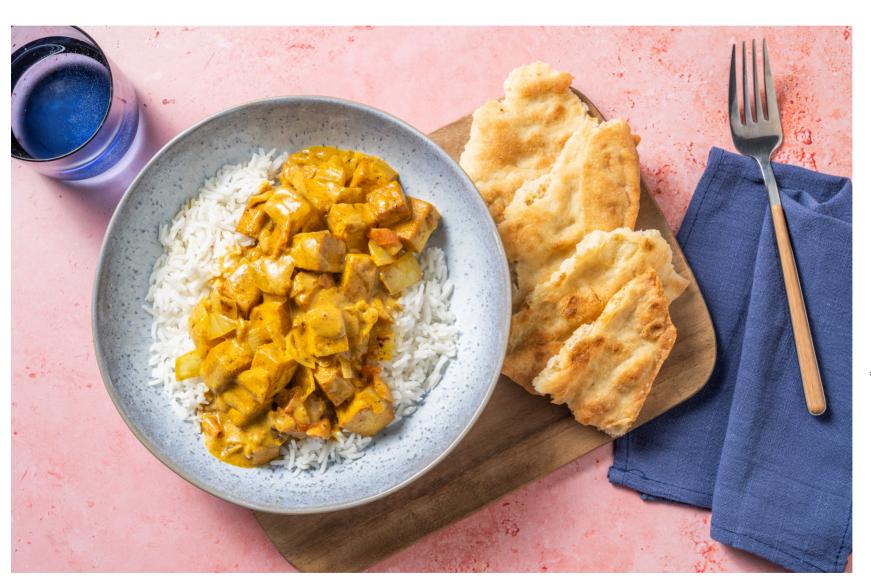


HELLO Butter Tofu Curry with Basmati Pice and Garlie Ele

with Basmati Rice and Garlic Flatbreads

Veggie

35 Minutes





1 | 2



Indian Spice Mix 1 tbsp | 2 tbsp







Tikka Sauce 1/2 cup | 1 cup

Yellow Onion 1 | 2





Garlic Puree 1 tbsp | 2 tbsp

Tomato 2 | 4





3/4 cup | 1 ½ cups

Flatbread 2 | 4



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.



Cook rice

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water and
 ¼ 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.



Prep

- While **rice** cooks, peel, then cut **onion** into ¼-inch pieces.
- Cut tomatoes into 1/4-inch pieces.



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!)



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.



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 goldenbrown, 2-4 min. (TIP: Keep your eye on flatbreads so they don't burn!)



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.

