



Golden Fried Tofu

with Curried Veggies and Basmati Rice

Veggie 35 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



Tofu



Basmati Rice



Carrot



Sweet Bell Pepper



Edamame



Green Onion



Plum Sauce



Vegetable Stock Powder



Cream Sauce Spice Blend



Indian Spice Mix



Black Sesame Seeds

HELLO TOFU

Similar to cheese, tofu can be used in sweet and savoury dishes and can come in different textures!

Start here

- Wash and dry all produce.
- Pat tofu dry with paper towels.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Vegetable peeler, measuring spoons, shallow dish, medium pot, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Tofu	1	2
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Edamame	56 g	113 g
Green Onion	2	4
Plum Sauce	2 tbsp	4 tbsp
Vegetable Stock Powder	2 tbsp	4 tbsp
Cream Sauce Spice Blend	2 tbsp	4 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Black Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.



Issue with your meal?
Scan the QR code to
share your feedback.



Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water** and **half the stock powder** 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 from heat. Set aside, still covered.



Prep tofu

- Cut **tofu** in half horizontally, then cut into thirds (you should have 6 pieces total [12 pieces for 4 ppl]).
- Add **tofu**, **half the sesame seeds** and **½ tbsp** (1 tbsp) **oil** to a shallow dish. Season with **salt** and **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use a large rectangular dish to coat tofu pieces with ease.)
- Sprinkle **remaining Cream Sauce Spice Blend** over **tofu**, then toss to coat. Using your hands, press **Cream Sauce Spice Blend** into **tofu pieces** to coat completely.



Prep and cook veggies

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **carrot** into ¼-inch rounds.
- Thinly slice **green onions** keeping **whites** and **greens** separate.
- Heat a large pot on medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, **carrots**, **peppers** and **green onion whites**. Cook, stirring occasionally, until tender-crisp, 3-4 min.



Fry tofu

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, line a plate with paper towels.
- When pan is hot, add **2 tbsp** (4 tbsp) **oil**. Working with **one piece of tofu** at a time, shake off any excess Cream Sauce Spice Blend, then carefully add **tofu** to the pan. (**NOTE:** Don't overcrowd the pan. Fry tofu in batches, if needed.)
- Fry **tofu**, flipping halfway, until golden-brown, 2-3 min per side. (**TIP:** If tofu is browning too quickly, reduce heat to medium.)
- Carefully transfer **tofu** to the paper towel-lined plate.



Make curry

- Add **Indian Spice Mix**, **half the Cream Sauce Spice Blend** and **remaining stock powder**. Stir to coat.
- Add **edamame**, **half the plum sauce** (use all for 4 ppl), and **1 ½ cups** (2 ¾ cups) **water**.
- Bring to a boil, then reduce heat to medium-low. Cook, stirring occasionally, until **sauce** thickens slightly and **veggies** are soft, 5-6 min.
- Cover and set aside.



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice**, **curry** and **tofu** between plates.
- Sprinkle **remaining green onions** and **sesame seeds** over top.

Dinner Solved!