



Mango Chutney Tofu Curry

with Crispy Chana Dal

Family Friendly 30 Minutes



Tofu
1 | 2



Indian Spice Mix
1 tbsp | 2 tbsp



Mango Chutney
4 tbsp | 8 tbsp



Curry Paste
2 tbsp | 4 tbsp



Sweet Bell
Pepper
1 | 2



Zucchini
1 | 2



Basmati Rice
¾ cup | 1 ½ cups



Cilantro
7 g | 7 g



Chana Dal
28 g | 28 g

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.

Contact Call us (855) 272-7002 | Visit us HelloFresh.ca | Follow us @HelloFreshCA

Ingredient quantities 56 g | 113 g
2 person 4 person

1



Cook rice

• Before starting, wash and dry all produce.

- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** and **⅛ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, 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

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **cilantro**.
- Pat **tofu** dry with paper towels. Cut into ½-inch pieces.
- Add **tofu**, **half the Indian Spice Mix** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then flip **tofu** to coat.

3



Cook tofu

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **tofu**. (**NOTE:** Don't overcrowd the pan. Cook in 2 batches if necessary, using ½ tbsp oil per batch.)
- Sear until **tofu** is golden-brown, 1-2 min per side.
- Remove the pan from heat. Transfer **tofu** to a plate.

4



Cook veggies

- Return the same pan to medium-high.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **peppers** and **zucchini**. Cook, stirring occasionally, until slightly softened, 1-2 min. Season with **salt** and **pepper**.
- Add **remaining Indian Spice Mix** and **curry paste**. Cook, stirring often, until fragrant, 30 sec.

5



Finish tofu

- Add **tofu**, **mango chutney** and **⅓ cup** (⅔ cup) **water** to the pan with **veggies**. Cook, stirring often, until **sauce** comes to a simmer.
- Once simmering, reduce heat to medium.
- Simmer, stirring occasionally, until **sauce** thickens slightly, 3-4 min. (**TIP:** If sauce reduces too much, add water to the pan, 1 tbsp at a time, until desired consistency is reached.)
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Add **half the cilantro** and **2 tbsp** (4 tbsp) **butter** to the pot with **rice**, then fluff with a fork until **butter** melts.
- Divide **rice** between plates. Spoon **mango chutney tofu curry** over top.
- Sprinkle with **chana dal** and **remaining cilantro**.

