



Curried Tofu Penne

with Crispy Shallots

Veggie

25 Minutes



Tofu
1 | 2



Tikka Sauce
½ cup | 1 cup



Penne
170 g | 340 g



Baby Spinach
28 g | 56 g



Crispy Shallots
28 g | 28 g



Carrot
1 | 2



Curry Paste
2 tbsp | 4 tbsp

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.

1



Cook penne

- Before starting, wash and dry all produce
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **penne** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **penne** to the same pot, off heat.

2



Cook carrots

- Meanwhile, heat a large pan over medium-high heat.
- Peel and quarter **carrot** lengthwise, then cut into ¼-inch quarter-moons.
- When hot, add **carrots**, **¼ cup** (½ cup) **water**, then **½ tbsp** (1 tbsp) **butter**. Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until water evaporates and **carrots** are tender, 5-6 min. (**TIP**: If carrots are tender before water evaporates, remove lid to finish cooking.)
- Transfer **carrots** to a plate.

3



Sauté tofu

- Meanwhile, roughly chop **spinach**.
- Pat **tofu** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.
- When **carrots** are done, add **1 tbsp** (2 tbsp) **butter**, then **tofu** to the pan. (**NOTE**: Cook tofu in 2 batches for 4 ppl, using 1 tbsp butter per batch.) Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min.

4



Make sauce

- Add **carrots**, **penne**, **curry paste**, **tikka sauce** and **½ cup** (1 cup) **reserved pasta water** to the pan with **tofu**. Stir to combine, then bring to a simmer.
- When simmering, reduce heat to medium. Cook, stirring occasionally, until **sauce** slightly thickens, 2-4 min. (**TIP**: If sauce reduces too fast, add remaining pasta water 1 tbsp at a time until you reach desired consistency.)

5



Finish penne

- Add **spinach**, **1 tbsp** (2 tbsp) **butter** and **¼ cup** (½ cup) **milk** to the pan. Season with **salt** and **pepper**, to taste. Stir until **butter** melts and **spinach** wilts, 1 min.
- Remove the pan from heat.

6



Finish and serve

- Divide **curried tofu penne** between bowls.
- Sprinkle **crispy shallots** over top.

