



# Thai-Style Coconut Red Curry Tofu

with Zesty Rice

Veggie

Quick

25 Minutes



Tofu



Red Curry Paste



Coconut Milk



Crispy Shallots



Sweet Bell Pepper



Zucchini



Cilantro



Jasmine Rice



Soy Sauce



Lime



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HELLO TOFU

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

## Start here

Before starting, wash and dry all produce.

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

## Bust out

Measuring spoons, strainer, zester, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Tofu	1	2
Red Curry Paste	2 tbsp	4 tbsp
Coconut Milk	165 ml	330 ml
Crispy Shallots	28 g	28 g
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Cilantro	7 g	7 g
Jasmine Rice	¾ cup	1 ½ cups
Soy Sauce	1 tbsp	2 tbsp
Lime	½	1
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.*

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## Cook rice

- Using a strainer, rinse **rice** until water runs clear. Drain well.
- Add **rice**, **1 cup** (2 cups) **water** and **¼ tsp** (½ 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.



## Cook veggies

- Reheat the same pan (from step 2) over medium-high.
- Add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **zucchini**. Cook, stirring occasionally, until **veggies** soften slightly, 1-2 min. Season with **salt** and **pepper**.
- Add **curry paste** and **half the crispy shallots**. Cook, stirring often, until fragrant, 30 sec.



## Sauté tofu

- Meanwhile, heat a large non-stick pan over medium-high.
- While the pan heats, pat **tofu** dry with paper towels, then cut into ½-inch pieces.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Season with **pepper** and **¼ tsp** (½ tsp) **salt**. Cook, stirring occasionally, until golden-brown, 5-6 min.
- Transfer **tofu** to a plate.



## Finish curry

- Add **coconut milk**, **soy sauce** and **¼ cup** (½ cup) **water** to the pan with **veggies**. Bring to a boil.
- Once boiling, add **tofu**, then reduce heat to medium. Cook, stirring occasionally, until **veggies** are tender, 2-3 min. Season with **salt** and **pepper**, to taste.



## Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **cilantro**.
- Zest, then cut **half the lime** (whole lime for 4 ppl) into wedges.



## Finish and serve

- Add **lime zest** and **half the cilantro** to the pot with **rice**, then fluff with a fork.
- Divide **rice** between bowls. Top with **tofu curry**. Sprinkle with **remaining cilantro** and **crispy shallots**.
- Squeeze a **lime wedge** over top, if desired.

## Dinner Solved!