



# Creamy Tofu Curry with roasted broccoli and rice

Veggie Calorie Smart 20-25 mins

10



Broccoli



Rice



Onion



Garlic



Scallion



Korma Curry Paste



Tomato Paste



Vegetable Stock



Tofu



Coconut Milk

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, lid, pot

## Ingredients

	2P	4P
Broccoli	1 unit	1 unit
Rice	150 g	300 g
Onion	1 unit	2 units
Garlic	2 units	4 units
Scallion	2 units	4 units
Korma Curry Paste	1 sachet	2 sachets
Tomato Paste	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Tofu	280 g	560 g
Coconut Milk	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	562 g	100 g
Energy (kJ/kcal)	3083.6 kJ/ 737 kcal	548.7 kJ/ 131.1 kcal
Fat (g)	29.9 g	5.3 g
Sat. Fat (g)	16.4 g	2.9 g
Carbohydrate (g)	84.6 g	15.1 g
Sugars (g)	13.8 g	2.5 g
Protein (g)	32.9 g	5.9 g
Salt (g)	2.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



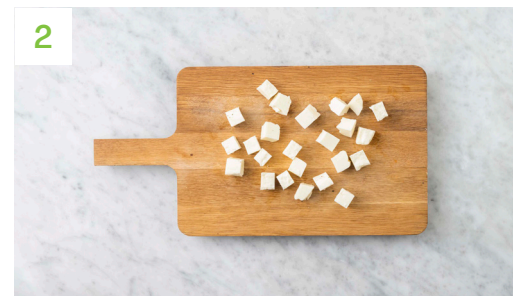
### Cook the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover and cook for 10 mins.
- Remove from the heat and leave aside for 10 mins or until ready to serve (keep covered so the rice can continue to cook in its own steam).



### Fry the Tofu

- Meanwhile, place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 7-10 mins.
- Shift frequently to ensure it doesn't burn. Season with **salt** and **pepper**.
- Transfer to a bowl, pop your pan back on medium-high heat and add a drizzle of **oil**.



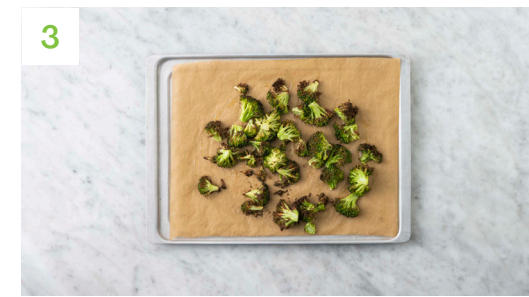
### Get Prepped

- Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Chop the **broccoli** into florets (like little trees). Halve any larger florets.



### Simmer Your Sauce

- Add the **onion** to the pan and cook until softened, 4-5 mins.
- Stir in the **garlic**, **korma paste** and **tomato paste** and cook for 1 min.
- Add 50ml **water** with ½ tsp **sugar** (double both for 4p) then stir in the **vegetable stock powder**.
- Bring to the boil and simmer until reduced by a third, 4-5 mins.
- Stir in the **coconut milk**, roasted **broccoli** and **tofu** and cook until piping hot, 1-2 mins.



### Roast the Broccoli

- While the **rice** cooks, pop the **broccoli** onto a lined baking tray. Drizzle with **oil**, season with **pepper** then toss to coat.
- Spread out in one layer and roast on the top shelf of your oven until edges are slightly charred, 10-15 mins.
- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallion**.



### Finish and Serve

- Taste the curry and add more **salt**, **pepper** or **sugar** if you feel it needs it.
- Add a splash of **water** if it's thickened too much.
- Fluff up the **rice** with a fork then spoon into bowls.
- Top with the **tofu** curry and a sprinkling of **scallions**.

Enjoy!