

# DINNERLY



## Vegetable Green Curry with Tofu Puffs



20-30 minutes



2 Servings

Why dine out when you can feast in? This quick Thai green curry comes with zucchini, green beans and oodles of vermicelli noodles, plus homemade tofu puffs for good measure.

## WHAT WE SEND

- 200g green beans
- 1 packet silken firm tofu <sup>6</sup>
- 400ml can coconut milk
- 95g can green curry paste <sup>6</sup>
- 1 zucchini
- 100g vermicelli noodles

## WHAT YOU NEED

- cornflour
- soy sauce <sup>6</sup>
- vegetable oil

## TOOLS

- medium frypan
- medium saucepan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

There shouldn't be any cornflour left over, so ensure you coat the tofu generously.

## ALLERGENS

Soy (6). May contain traces of other allergens.

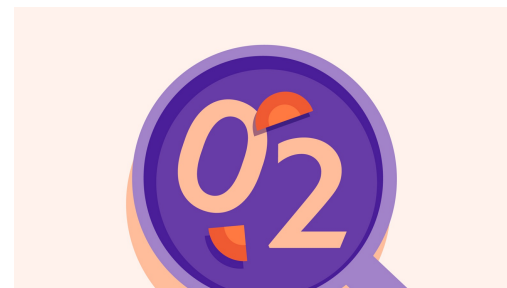
## NUTRITION PER SERVING

Energy 920kcal, Fat 53.8g, Carbs 75.6g, Proteins 31.0g



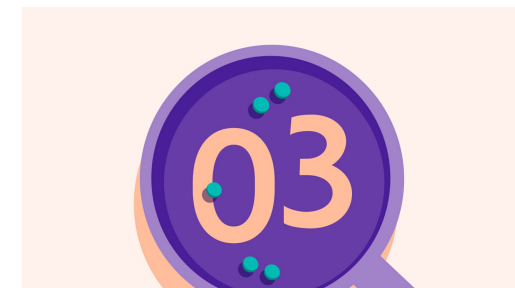
### 1. Prep ingredients

Carefully remove the **tofu** according to the packet instructions and drain on paper towel. Slice into 8 equal pieces. Put **60g (½ cup) cornflour** on a plate and season with **salt and pepper**. Generously coat the tofu in the cornflour (see cooking tip). Set aside until ready to cook. Trim the **beans** and cut in half. Thinly slice the **zucchini**.



### 2. Fry curry paste

Bring a kettle to the boil for the noodles. Heat **1 tbs vegetable oil** in a medium saucepan over medium heat and cook **half the green curry paste**, (the remaining curry paste will not be used in this dish) stirring for 1 min or until fragrant.



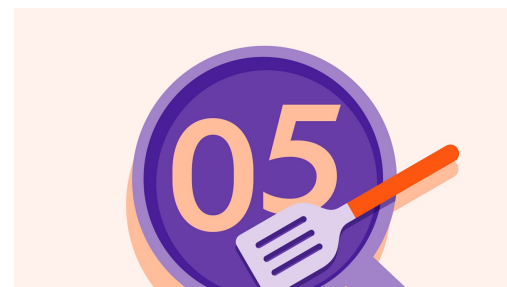
### 3. Add coconut milk

Add **half the coconut milk** (the remaining coconut milk will not be used in this dish) and **1 tbs soy sauce** and stir to combine. Bring to the boil, add the **zucchini** and **beans** then reduce the heat to low and simmer for 10 mins until the vegetables are tender.



### 4. Cook tofu puffs

Meanwhile, put the **noodles** into a heatproof bowl and cover with boiling water. Leave for 3-4 mins until softened, then drain. Heat **2 tbs vegetable oil** in a medium frypan over medium-high heat and cook the **tofu** for 2-3 mins each side or until golden brown and crisp. Drain on paper towel.







### 5. Serve up

Divide the **noodles, green curry** and **tofu puffs** among bowls to serve.



### 6. Kitchen hack

Add an extra flavour dimension and scatter over toasted black or white sesame seeds to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 Packed in Australia  
from at least 25%  
Australian ingredients