

DINNERLY



Vegetable Green Curry with Tofu Puffs



20-30 minutes



4 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

- 400g green beans
- 400ml can coconut milk
- 2 packets silken firm tofu ⁶
- 95g can green curry paste ⁶
- 2 zucchini
- 250g vermicelli noodles

WHAT YOU NEED

- cornflour
- soy sauce ⁶
- vegetable oil

TOOLS

- large frypan
- large 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 930kcal, Fat 50.1g, Carbs 96.3g, Proteins 31.0g



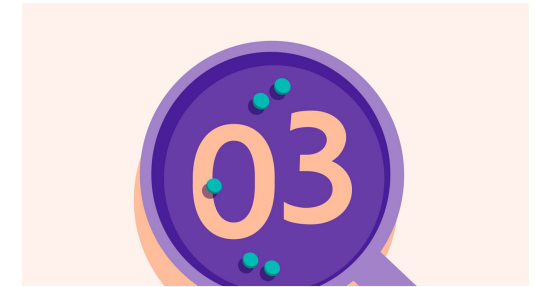
1. Prep ingredients

Carefully remove the **tofu** according to the packet instructions and drain on paper towel. Slice each block into 8 equal pieces. Put **120g (1 cup) cornflour** on a plate and season with **salt and pepper**. Generously coat the tofu in the cornflour. 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 large saucepan over medium heat and cook the **green curry paste**, stirring for 1 min or until fragrant.



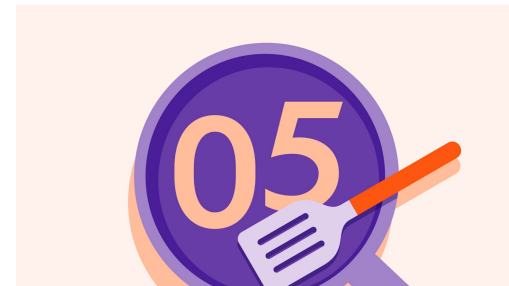
3. Add coconut milk

Add the **coconut milk** and **2 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 or 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 **60ml (¼ cup) vegetable oil** in a large frypan over medium-high heat and cook the **tofu** for 2-3 mins each side 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.