



HEALTHY

Satay Tofu and Vegetables

with Coriander and Brown Rice



20-30min



2 Portions

Gather around, vegans, vegetarians and lovers of good food in general. Because this curry has it all going on; peanutty richness cut with tomato, ginger and fragrant Malaysian curry, fresh vegetables galore, nutty brown rice and delicious nuggets of firm tofu, slathered in an alluring satay coating.

What we send

- peanut satay tofu ^{1,5,6}
- onion
- ginger
- coriander, garlic
- diced tomatoes
- zucchini
- Malaysian curry powder
- peanut butter ⁵
- brown rice
- carrot
- broccoli

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- sea salt and pepper
- water

Utensils

- fine grater
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

To keep within our healthy eating guidelines, only use half the peanut butter. Feel free to add it all for an even richer flavour, but the dish will no longer be in the healthy guidelines.

Allergens

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 585kcal, Fat 20.5g, Carbs 62.8g, Proteins 27.6g



1. Prepare tofu

Read through the recipe. Bring **1L (4 cups) water** and a **pinch of salt** to the boil in a medium saucepan for the rice. Finely chop the **onion**. Peel the **carrot**, halve lengthwise and slice thinly. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**.



2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain and return to the pan. Cover to keep warm.



3. Prepare ingredients

Meanwhile, cut the **broccoli** into florets, trim and halve the stem and thinly slice. Halve the **zucchini** lengthwise, then thinly slice. Cut the **tofu** into 2cm cubes. Finely chop the **coriander**, including the stems.



4. Start stir-fry

Heat **3 tsp oil** in a medium deep frypan over high heat. Stir-fry the **onion** and **carrot** for 2 mins. Add the **garlic**, **ginger** and **2 tsp curry powder**** and stir-fry for 1 min or until fragrant.



5. Add sauce

Add **half the peanut butter**** (see cooking tip), **tomatoes** and **125ml (½ cup) water** to the pan and stir to combine. Bring to the boil and simmer for 3 mins over medium-low heat. Add the **broccoli**, **zucchini** and **tofu** and cook, covered, for a further 5 mins or until the vegetables are cooked and the sauce thickens.



6. Get ready to serve

Stir the **coriander** into the curry. Taste, then season with **salt and pepper**. Divide the **rice** and **curry** among bowls to serve.