



**HEALTHY**

## Satay Tofu and Vegetables

with Coriander and Brown Rice



20-30min



4 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

- broccoli
- zucchini
- diced tomatoes
- carrot
- peanut satay tofu <sup>1,5,6</sup>
- onion
- Malaysian curry powder
- peanut, butter <sup>5</sup>
- ginger
- brown rice
- coriander, garlic

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

## What you'll require

- sea salt and pepper
- water

## Utensils

- fine grater
- large deep frypan or saucepan with lid
- medium saucepan

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

## Allergens

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

## Nutrition per serving

Energy 580kcal, Fat 20.4g, Carbs 62.1g, Proteins 27.3g



1. Prepare tofu

**Read through the recipe.** Bring **1.5L (6 cups) water** and a **pinch of salt** to the boil in a medium saucepan for the rice. Finely chop the **onion**. Peel the **carrots**, 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 **1½ tbs oil** in a large deep frypan over high heat. Stir-fry the **onion** and **carrot** for 2 mins. Add the **garlic**, **ginger** and **1 tbs curry powder\*\*** and stir-fry for 1 min or until fragrant.



5. Add sauce

Add the **peanut butter**, **tomatoes** and **250ml (1 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.