

Palak Tofu

with Basmati Rice

hellóchef

To keep things vegan, we've swaped paneer for tofu in this Indian classic.

Cals 799 • Prot 42 • Carbs 105 • Fat 33

Vegan

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 45 min

R2188



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Tofu	2 ppl	3 ppl	4 ppl	
Firm tofu 9*	300	500	600	Grams
Vegetable oil	1	1	2	Tbsp
Curry				
Red onion	1	1	2	Piece
Garlic cloves	3	4	5	Piece
Large green chilli	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Ginger paste	10	15	20	Grams
Cumin powder	2	2	4	Grams
Chilli powder	2	2	2	Grams
Garam masala	5	8	10	Grams
Vegetable stock cube 15*	1	1	1	Piece
Water	100	150	100	ML
Tomato passata	200	400	500	Grams
Brown sugar	5	5	10	Grams
Coconut milk	200	400	400	ML
Spinach	200	300	450	Grams
Salt	0.5	0.5	1	Tsp
Lemon	1	1	2	Piece
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML

Allergens

*9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3345 / 799
Fat (g)	33.2
of which saturates (g)	12.4
Carbohydrate (g)	105
of which sugars (g)	13
Fiber (g)	15
Protein (g)	41.5
Salt (g)	1.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Finely chop the **green chilli**. Bring a pot of salted water to a boil.



2 Boil rice

Add the **basmati rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to boil over high heat. Once boiling, reduce heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



3 Make sauce

Meanwhile, heat a large non-stick pan over a medium-low heat with a drizzle of **oil**. Add the **onion** and cook for 5-6 min until softened. Once softened, add the **garlic, ginger paste, green chilli (spicy!), cumin, chilli powder (spicy!)** and **garam masala powder**. Cook for 1 min. Add the {0.5/1/1} **stock cube, measured water, tomato passata, brown sugar** and **coconut milk**. Simmer for 10 min until thickened.



4 Fry tofu

Meanwhile, drain the **tofu** and pat dry with paper towel. Heat a separate large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **tofu** and fry for 5 min until golden and crispy (see pro tip). Season with **salt**. Set aside.

Tip! The key to achieving crispy tofu is a hot pan, a generous amount of oil and patience. Once you've placed the cubes in the hot pan, don't touch them for a while. Turn them only once browned.



5 Blanch

Trim the **spinach** stems. Roughly chop the **spinach**. Once the water is boiling, add the **spinach** and boil for 3 min. Drain and squeeze out any excess water.



6 Serve

Add the **spinach** to the sauce. Blitz the sauce in a blender until smooth. Add the fried **tofu cubes**. Serve with **rice** and **lemon wedges**.