



Chilli and curry baked tofu

with buckwheat and Indonesian beans



Inspired by Indonesia and its cuisine of delicious flavours, this fusion dish has delicate marinated tofu sitting on a bed of nutty buckwheat and simple Indonesian-style sautéed beans. The dish is finished with our house-made serundeng kelapa, a roasted crispy coconut topping. Full of beneficial nutrients and antioxidants, this is a great midweek dish!

NO ADDED GLUTEN | HIGH PROTEIN | CALORIE SMART | Adventurous, Spicy (medium)



Make this dish within **3 days** of receiving your meal kit



Cooking equipment: baking tray, small pot, medium pot



Pantry items needed: olive oil, peanut/vegetable oil, salt



Hands-on: 25-30 minutes
Ready in: 25-30 minutes



Serves: 2 or 4



Nhu Quynh Fresh
White Tofu

(300g) \$5

Featured as part of this meal kit and available to add to your next order.

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Red chilli	15g (half)	30g
Nhu Quynh fresh white tofu	1 packet	2 packets
Curry marinade spice	1 packet	1 packet
Maple syrup	1 tub	1 tub
Coconut milk	1 carton (half)	1 carton
Buckwheat	1 packet	1 packet
Boiling water*	1 cup	2 cups
Salt*	¼ tsp	½ tsp
Olive oil*	1 tbsp	2 tbsp
Green beans	180g	360g
Shallot	80g	160g
Garlic	4g	8g
Lemongrass	12g	24g
Peanut/vegetable oil*	1 tbsp	2 tbsp
Serundeng kelapa	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: soy, sulphites.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Make marinade

Preheat oven to 220°C and line a baking tray. Very finely chop **chilli** (½ for 2 serves and 1 for 4 serves). Slice **Nhu Quynh fresh white tofu** vertically into 2cm-thick slabs. In a shallow dish, add **chilli**, **curry marinade spice**, **maple syrup**, **coconut milk** (½ for 2 serves and 1 for 4 serves) and whisk together. Add **tofu**, coat in **marinade** and leave to marinate for **10 minutes** (or up to **1 hour**). Flip **tofu** over halfway through.

2. Cook buckwheat

In a fine sieve, rinse **buckwheat** until water runs clear. Drain well. In a small pot over high heat, add **boiling water***, **salt*** and **olive oil***. Stir in **buckwheat** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **buckwheat** is tender, about **13 minutes**. When cooked, remove from the heat. Keep covered for **10 minutes** and then fluff with a fork.

3. Bake tofu

Place marinated **tofu** in a single layer onto prepared baking tray, reserving remaining **marinade**. Bake for **10 minutes**. Remove from the oven, flip over **tofu** and drizzle over reserved **marinade**. Return to the oven and bake for **12 minutes**.

4. Cook beans

Fill a medium pot ¾-full with water, add **salt for water*** and bring to a boil. Trim **green beans**. Halve and thinly slice **shallot**. Mince **garlic**. Remove any hard outer layers of **lemongrass** (tip 1) and finely chop. Add **beans** to the pot and blanch for **3 minutes**. Drain and rinse immediately under cold water until cool to touch. Set aside. Using the same pot over medium heat, add **peanut/vegetable oil***. When hot, add **shallot**, **garlic** and **lemongrass**. Cook, stirring regularly, until softened, about **5 minutes**. Add **beans** and toss together.

5. Serve

In shallow bowls, serve **buckwheat** topped with **chilli and curry baked tofu** and **Indonesian green beans**. Sprinkle over **serundeng kelapa**.

Cooking tip

Only the soft, light-coloured parts of the lemongrass should be used.

Eat your way to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 450g serve	Per 100g
Energy	2440kJ (584Cal)	542kJ (130Cal)
Protein	28.0g	6.2g
Fat, total	38.0g	8.4g
- Saturated	14.2g	3.2g
Carbohydrate	28.0g	6.0g
- Sugars	13.0g	3.0g
Sodium	482mg	107mg

* Nutritional information is based on averages