



Panang curry

with jasmine rice



This delicious curry hailing from central Thailand, features zesty makrut lime leaves, Nhu Quynh's wonderful fresh fried tofu and seasonal vegetables that soak up all the flavours!.

NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers



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



Cooking equipment: small pot, wok / large pot



Pantry items needed: agave nectar / maple syrup



Hands-on: 20-25 minutes
Ready in: 30-35 minutes



Serves: 2 or 4



**Nhu Quynh Fresh
Fried Tofu Cubes**

(240g) \$6

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
Carrot	120g	240g
Broccoli	120g	240g
Red onion	100g	200g
Makrut lime leaves	1½g	3g
Jasmine rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cup
Coconut milk	1 can	2 cans
Panang curry paste	1 tub	1 tub
Water*	1 cup	2 cups
Agave nectar / maple syrup*	1 tsp	2 tsp
Nhu Quynh fried tofu cubes	1 packet	2 packets

* Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

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

Instructions

1. Prepare vegetables

Slice **carrot** (unpeeled) into thin rounds. Cut **broccoli** head into small florets (see tip) and stem into thin rounds. Slice **onion** into wedges. Remove and discard stems from **makrut lime leaves** and slice very finely into strips for garnish.

2. Cook rice

Rinse **jasmine rice** through a sieve until the water runs clear. In a small pot, add **jasmine rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from heat and keep covered until ready to serve.

3. Cook curry

Place a wok or large frying pan over medium-high heat. When hot, add **half** the quantity of **coconut milk** and boil, stirring constantly, for **3 minutes**. Add **panang curry paste**, stir to combine and cook for **5 minutes**. Reduce to a simmer, add remaining **coconut milk**, **water***, **carrot**, **broccoli stems** and **onion**. Cook, uncovered, stirring occasionally, for **5 minutes**. Add **broccoli florets**, **agave nectar / maple syrup*** and **tofu** and cook for **12 minutes**.

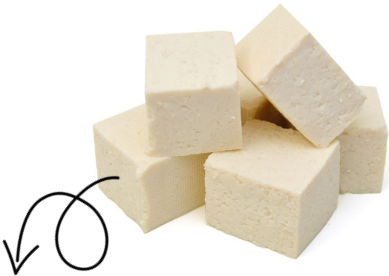
4. Serve

Serve **jasmine rice** with **panang curry** in bowls with **makrut lime leaves** sprinkled over the top.

Cooking tip

The easiest way to cut florets from a head of broccoli is to hold it upside down and cut florets off rotating as you go.

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 455g serve	Per 100g
Energy	3676kJ (880Cal)	438kJ (105Cal)
Protein	28.8g	3.4g
Fat, total	46.5g	5.5g
- Saturated	34.0g	4.0g
Carbohydrate	80.0g	10.0g
- Sugars	14.0g	2.0g
Sodium	1002mg	119mg

* Nutritional information is based on averages