



# Coconut-Ginger Tofu & Veggie Stir-Fry

with Garlic Rice & Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Pea Pods



Malaysian Tofu



Ginger Lemongrass Paste



Coconut Milk



Long Chilli (Optional)



Sesame Seeds



Chicken Breast

Prep in: **20-30 mins**  
Ready in: **35-45 mins**



Plant Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Plant Based



Eat Me Early\*  
\*Custom Recipe only

Tender tofu is one of our favourite ingredients for soaking up bold Thai flavours. In this plant-based dish, the peanutty Malaysian tofu works a treat with the creamy, zingy sauce and vibrant veggies.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter, Vinegar (Rice Wine or White Wine), Soy Sauce, Brown Sugar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>plant-based butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
pea pods	1 small bag	1 medium bag
Malaysian tofu	1 packet	2 packets
ginger	1 packet	2 packets
lemongrass paste	1 medium packet	2 medium packets
<b>vinegar*</b>		
(rice wine or white wine)	¼ tsp	½ tsp
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
long chilli 🌶️ (optional)	½	1
sesame seeds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3262kJ (780Cal)	710kJ (170Cal)
Protein (g)	21.3g	4.6g
Fat, total (g)	36.5g	7.9g
- saturated (g)	18.2g	4g
Carbohydrate (g)	87.3g	19g
- sugars (g)	18.1g	3.9g
Sodium (mg)	976mg	212mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3999kJ (956Cal)	640kJ (153Cal)
Protein (g)	56.2g	9g
Fat, total (g)	40.4g	6.5g
- saturated (g)	19.4g	3.1g
Carbohydrate (g)	87.3g	14g
- sugars (g)	18.1g	2.9g
Sodium (mg)	1055mg	169mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water** and a generous pinch of **salt**, then bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
4. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Cook the tofu

1. Return frying pan to medium-high heat with a generous drizzle of **olive oil**.
2. When oil is hot, cook **tofu**, turning occasionally, until browned all over, **4-5 minutes**.
3. Transfer to a plate.

**Custom Recipe:** Add chicken with tofu, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



## Get prepped

1. Meanwhile, thinly slice **carrot** into half-moons.
2. Trim **pea pods** and cut into small pieces.
3. Cut **Malaysian tofu** into 1cm cubes.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



## Make the coconut sauce

1. Return frying pan to medium heat with a drizzle of **olive oil**. Cook **ginger lemongrass paste** and remaining **garlic**, stirring, until fragrant, **1 minute**.
2. Add **coconut milk**, the **vinegar**, the **soy sauce**, the **brown sugar** and a splash of **water**. Simmer until slightly thickened, **2-3 minutes**.
3. Return **tofu** to pan, stirring to coat. Remove pan from heat.

**Custom Recipe:** Return tofu and chicken to the pan with the coconut sauce, stirring to coat.



## Cook the veggies

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** with a splash of **water**, tossing, until softened, **3-4 minutes**.
2. Add **pea pods** and cook, tossing, until just tender, **1-2 minutes**.
3. Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.



## Serve up

1. Thinly slice **long chilli** (if using).
2. Divide garlic rice between bowls.
3. Top with veggies and coconut-ginger tofu, spooning over the sauce.
4. Sprinkle with **chilli** and **sesame seeds** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)