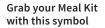
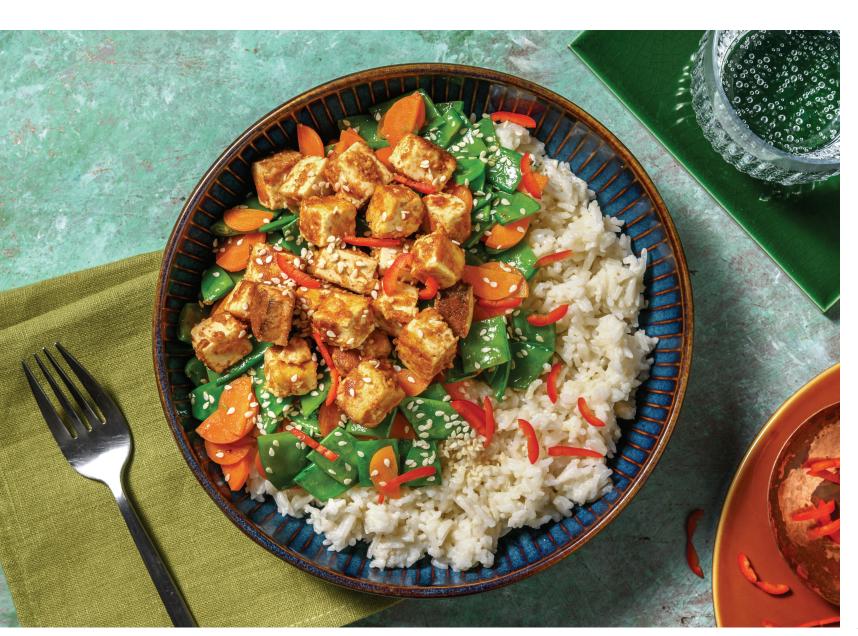


Coconut-Ginger Tofu & Veggie Stir-Fry with Garlic Rice & Sesame Seeds















Carrot







Malaysian Tofu

Ginger Lemongrass





Coconut Milk

Long Chilli (Optional)

Sesame Seeds



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

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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
plant-based butter*	20g	40g		
water*	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 lemongrass paste	1 packet	2 packets		
coconut milk	1 medium packet	2 medium packets		
vinegar* (rice wine or white wine)	1/4 tsp	½ tsp		
soy sauce*	1 tbs	2 tbs		
brown sugar*	½ tbs	1 tbs		
long chilli ∮ (optional)	1/2	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 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

- · Finely chop garlic.
- 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.
- 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.
- 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!



Get prepped

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

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



Cook the veggies

- 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.
- Add pea pods and cook, tossing, until just tender, 1-2 minutes.
- Season with salt and pepper. Transfer to a bowl.
 Cover to keep warm.



Cook the tofu

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



Make the coconut sauce

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



Serve up

- Thinly slice long chilli (if using).
- Divide garlic rice between bowls.
- Top with veggies and coconut-ginger tofu, spooning over the sauce.
- 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