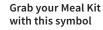


Coconut-Ginger Tofu & Asian Greens Stir-Fry with Garlic Rice & Pea Pods













Carrot



Asian Greens





Pea Pods



Ginger Lemongrass





Long Chilli (Optional)



Sesame Seeds



Prep in: 25-35 mins Ready in: 30-40 mins Eat Me Early*

*Custom Post

*Custom Recipe only





One of our favourite ingredients for soaking up bold flavours is Malaysian tofu. AKA fried bean curd, it works a treat with the zingy lemongrass paste and vibrant veggies in this plant-based dish.

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

Pantry items

Olive Oil, Plant-Based Butter, Vinegar (White Wine or Rice 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

ingi caicii	CO	
	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
Asian greens	1 bunch	2 bunches
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* (white wine or rice 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)	3326kJ (795Cal)	605kJ (145Cal)
Protein (g)	22.5g	4.1g
Fat, total (g)	36.8g	6.7g
- saturated (g)	18.2g	3.3g
Carbohydrate (g)	88.1g	16g
- sugars (g)	18.8g	3.4g
Sodium (mg)	988mg	180mg
Custom Pooino		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4063kJ (971Cal)	569kJ (136Cal)
Protein (g)	57.4g	8g
Fat, total (g)	40.6g	5.7g
- saturated (g)	19.4g	2.7g
Carbohydrate (g)	88.1g	12.3g
- sugars (g)	18.8g	2.6g
Sodium (mg)	1067mg	149mg

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. Roughly chop Asian greens.
- 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 Asian greens and pea pods and cook 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 Malaysian tofu, turning occasionally, until browned all over, 4-5 minutes.
- Transfer to a plate.

Custom Recipe: Cook 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 coconut-ginger tofu and veggies, spooning over the remaining sauce from the pan.
- Sprinkle with chilli and sesame seeds to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate