



Hoisin Tofu & Veggie Stir-Fry

with Garlic Rice & Sesame Aioli

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Asian Greens



Lemon



Firm Tofu



Hoisin Sauce



Sesame Seeds



Garlic Aioli



Crunchy Fried Noodles



Beef Mince

Prep in: 25-35 mins
Ready in: 35-45 mins

Busting with crowd-pleasing Asian flavours, everyone will be happily getting their daily dose of veg with this tender tofu dish.

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

Pantry items

Olive Oil, Butter, Plain Flour (or Gluten-Free Plain Flour), Soy Sauce (or Gluten-Free Tamari 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
lemon	½	1
firm tofu	1 packet	2 packets
plain flour* (or gluten-free plain flour)	2 tbs	¼ cup
hoisin sauce	1 packet	2 packets
soy sauce* (or gluten-free tamar soy sauce)	1½ tbs	3 tbs
water* (for the sauce)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
sesame seeds	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
crunchy fried noodles	½ medium packet	1 medium packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3871kJ (925Cal)	636kJ (152Cal)
Protein (g)	40.5g	6.7g
Fat, total (g)	37.6g	6.2g
- saturated (g)	9.8g	1.6g
Carbohydrate (g)	104.8g	17.2g
- sugars (g)	27.3g	4.5g
Sodium (mg)	1273mg	209mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4816kJ (1151Cal)	656kJ (157Cal)
Protein (g)	68g	9.3g
Fat, total (g)	50.4g	6.9g
- saturated (g)	15.4g	2.1g
Carbohydrate (g)	104.8g	14.3g
- sugars (g)	27.3g	3.7g
Sodium (mg)	1348mg	184mg

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

1. Finely chop **garlic**.
2. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
3. Add **jasmine rice**, the **water (for the rice)** and a good pinch of **salt**. Bring to the boil.
4. Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat.
5. 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 veggies

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans**, tossing, until softened, **4-5 minutes**.
2. Add **Asian greens** and cook until softened, **1-2 minutes**.
3. Transfer to a plate and cover to keep warm.

Custom Recipe: If you've added beef mince, before cooking the carrot and green beans, cook beef, breaking it up with a spoon, until just browned, 3-4 minutes. Cook veggies as above, but leave the beef in the pan! Transfer veggies and beef to a plate. Cover to keep warm.



Get prepped

1. While the rice is cooking, thinly slice **carrot** into half-moons.
2. Trim and halve **green beans**.
3. Roughly chop **Asian greens**.
4. Cut **lemon** into wedges.
5. Cut **firm tofu** into 1cm chunks.
6. In a medium bowl, combine the **plain flour** and a pinch of **salt**. Add **tofu**, gently tossing to coat.



Cook the tofu

1. Return frying pan to medium-high heat with a good drizzle of **olive oil**. When oil is hot, cook **tofu**, turning occasionally, until golden, **5-7 minutes**.
2. Remove from heat, then add **hoisin mixture**. Stir, then return cooked **veggies** to pan, tossing to coat. Season with **pepper**.

Custom Recipe: Drain oil from the pan, then cook tofu as above. Remove from heat, then add hoisin mixture. Stir, then return cooked veggies and beef to pan, tossing to coat and heat through. Season with pepper.



Make the sauce & mayo

1. In a small bowl, combine **hoisin sauce**, the **soy sauce**, the **water (for the sauce)**, the **brown sugar**, a squeeze of **lemon juice** and half the **sesame seeds**.
2. In a second small bowl, combine **garlic aioli**, remaining **sesame seeds** and a small splash of **water**.



Serve up

1. Divide garlic rice between bowls.
2. Top with hoisin tofu and veggie stir-fry.
3. Drizzle with sesame aioli and sprinkle with **crunchy fried noodles (see ingredients)**.
4. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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