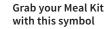
# Hoisin Tofu & Veggie Stir-Fry with Garlic Rice & Sesame Aioli















Carrot



Asian Greens



Lemon

Green Beans





Hoisin Sauce





Garlic Aioli

Sesame Seeds



Crispy Shallots



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, 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

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	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	1/2	1
firm tofu	1 packet	2 packets
plain flour*	2 tbs	¼ cup
hoisin sauce	1 packet	2 packets
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
crispy shallots	1 medium packet	1 large 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		

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

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

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



## Make the sauce & aioli

- 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.
- In a second small bowl, combine garlic aioli, remaining sesame seeds and a small splash of water.



# Cook the veggies

- 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.
- Add Asian greens and cook until softened,
   1-2 minutes.
- · 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. Drain oil from the pan. Cook veggies as above, but leave the beef in the pan. Transfer to a plate and cover to keep warm.



# Cook the tofu

- 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
- Remove from heat, then add hoisin mixture.
   Stir, then return cooked veggies to pan, tossing to coat. Season with pepper.

**Custom Recipe:** 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.



# Serve up

- Divide garlic rice between bowls.
- Top with hoisin tofu and veggie stir-fry.
- Drizzle with sesame aioli and sprinkle with crispy shallots.
- Serve with any remaining lemon wedges. Enjoy!

**Custom Recipe:** Top garlic rice with hoisin beef, tofu and veggie stir-fry.

Did we make your tastebuds happy?
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