



Quick Hoisin Tofu & Veggie Stir-Fry

with Garlic Rice & Sesame Aioli

NEW

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Asian Greens



Lemon



Firm Tofu



Hoisin Sauce



Soy Sauce Mix



Sesame Seeds



Garlic Aioli



Broccoli & Carrot Mix



Crispy Shallots



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 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, 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
butter*	20g	40g
garlic paste	1 packet	2 packets
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
Asian greens	1 bag	2 bags
lemon	½	1
firm tofu	1 packet	2 packets
plain flour*	2 tbs	¼ cup
hoisin sauce	1 packet	2 packets
soy sauce mix	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
sesame seeds	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
broccoli & carrot mix	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3876kJ (926Cal)	698kJ (167Cal)
Protein (g)	40.6g	7.3g
Fat, total (g)	38.6g	7g
- saturated (g)	9.9g	1.8g
Carbohydrate (g)	102g	18.4g
- sugars (g)	24.3g	4.4g
Sodium (mg)	1286mg	232mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4647kJ (1111Cal)	683kJ (163Cal)
Protein (g)	70.1g	10.3g
Fat, total (g)	45.8g	6.7g
- saturated (g)	12.9g	1.9g
Carbohydrate (g)	102g	15g
- sugars (g)	24.3g	3.6g
Sodium (mg)	1355mg	199mg

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



1



Cook the garlic rice

- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1 minute**.
- 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 the water has absorbed, **10 minutes**.

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

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli & carrot mix**, tossing, until softened, **4-5 minutes**.
- Add **Asian greens** and cook until softened, **1-2 minutes**. Transfer to a plate.
- 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: If you've added beef strips, cook tofu, as above. Add beef strips with a pinch of salt and cook, tossing, until browned, 1-2 minutes. Remove from heat, then add hoisin mixture. Stir, then return cooked veggies to pan, tossing to coat. Season with pepper.

2



Get prepped

- Meanwhile, 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.
- In a small bowl, combine **hoisin sauce**, **soy sauce mix**, the **brown sugar**, a squeeze of **lemon juice**, half the **sesame seeds** and a small splash of water.
- In a second small bowl, combine **garlic aioli**, remaining **sesame seeds** and a small splash of water.

4



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!

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