



Sweet-Soy Tofu & Plum Sauce

with Garlic Rice & Stir-Fry Greens

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Baby Broccoli



Zucchini



Firm Tofu



Plum Sauce



Baby Spinach Leaves



Sweet Soy Seasoning



Cornflour



Crispy Shallots



Plant-Based Aioli



Beef Strips

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

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, Plant-Based Butter, Vinegar (White Wine or Rice Wine)

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

Ingredientst

	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
baby broccoli	1 bunch	2 bunches
zucchini	1	2
firm tofu	½ packet	1 packet
plum sauce	1 packet	2 packets
vinegar* (white wine or rice wine)	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
sweet soy seasoning	1 medium sachet	2 medium sachets
cornflour	1 medium packet	1 large packet
crispy shallots	1 medium packet	2 medium packets
plant-based aioli	1 medium packet	2 medium packets
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)	3689kJ (882Cal)	641kJ (153Cal)
Protein (g)	40.8g	7.1g
Fat, total (g)	31.5g	5.5g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	109.4g	19g
- sugars (g)	6.7g	1.2g
Sodium (mg)	1094mg	190mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4486kJ (1072Cal)	640kJ (153Cal)
Protein (g)	70.5g	10.1g
Fat, total (g)	39.4g	5.6g
- saturated (g)	7.9g	1.1g
Carbohydrate (g)	109.4g	15.6g
- sugars (g)	6.7g	1g
Sodium (mg)	1164mg	166mg

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 rice

- Finely chop **garlic**.
- In a medium saucepan, melt **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** and 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 and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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

4



Prep the tofu

- Meanwhile, in a large bowl, combine **tofu**, **sweet soy seasoning**, **cornflour** and a pinch of **salt** and **pepper**.

2



Get prepped

- Meanwhile, trim **baby broccoli**.
- Thinly slice **zucchini** into sticks.
- Pat dry **firm tofu** (see ingredients) and cut into bite-sized chunks.
- In a small bowl, combine **plum sauce**, the **vinegar** and a splash of **water**.

5



Cook the tofu

- Return pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, shake excess **cornflour** off **tofu** then cook, tossing occasionally, until browned and warmed through, **3-5 minutes**.
- Add **sauce mixture**, tossing, until combined, **1 minute**.

TIP: Add a drizzle more olive oil if necessary!

Custom Recipe: If you've added beef strips, when tofu has 2 minutes remaining, add beef strips and cook, tossing, until browned and cooked through, 1-2 minutes. Add sauce mixture and continue as above.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **baby broccoli** and **zucchini**, tossing, until tender, **4-6 minutes**.
- Add remaining **garlic** and **baby spinach leaves** and cook until just wilted, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.

TIP: Add a dash of water to the veggies to help speed up the cooking process.

6



Serve up

- Divide garlic rice between bowls. Top with veggies and sweet-soy tofu.
- Spoon over any remaining plum sauce from pan.
- Top with **crispy shallots**. Serve with **plant-based aioli**. Enjoy!

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