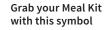
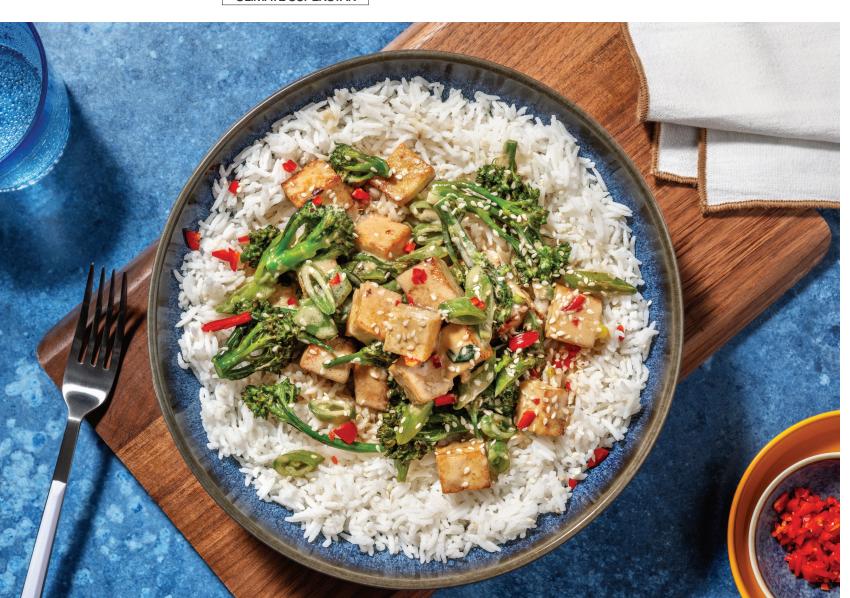


# Satay Tofu & Coconut Ginger Lemongrass Sauce with Garlic Rice & Stir-Fry Greens

CLIMATE SUPERSTAR









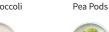








Baby Broccoli





Malaysian Tofu

**Ginger Lemongrass** 





Coconut Milk

Sesame Seeds



Prep in: 25-35 mins Ready in: 30-40 mins



Plant Based^ **^**Custom Recipe is not Plant Based

Tender tofu is one of our favourite ingredients for soaking up bold Thai flavours. In this plant-based dish, the peanutty Malaysian tofu works a treat with the creamy, zingy sauce and vibrant veggies.

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

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	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	2		
pea pods	1 small bag	1 medium bag		
Malaysian tofu	1 packet	2 packets		
ginger lemongrass paste	1 packet	2 packets		
coconut milk	1 packet	2 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		
ata da				

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3248kJ (776Cal)	699kJ (167Cal)
Protein (g)	23.7g	5.1g
Fat, total (g)	36.9g	7.9g
- saturated (g)	18.2g	3.9g
Carbohydrate (g)	83.5g	18g
- sugars (g)	14g	3g
Sodium (mg)	949mg	204mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4001kJ (956Cal)	636kJ (152Cal)
Protein (g)	57.7g	9.2g
Fat, total (g)	41.6g	6.6g
- saturated (g)	19.7g	3.1g
Carbohydrate (g)	83.5g	13.3g
- sugars (g)	14g	2.2g
Sodium (mg)	1033mg	164mg

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, trim baby broccoli and cut into thirds.
- 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 baby broccoli, tossing, until tender, 5-6 minutes.
- In the last 2 minutes of cook time, add pea pods and cook, tossing, 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 tofu, turning occasionally, until browned all over, 4-5 minutes. Transfer to a plate.

**Custom Recipe:** Add chicken with tofu, tossing occasionally, until browned and cooked through (when chicken is no longer pink inside), 5-6 minutes. Transfer to a plate.



# 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 veggies and coconut and ginger tofu, spooning over the sauce.
- · Sprinkle with chilli and sesame seeds to serve. Enjoy!

## Rate your recipe

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