



Satay Tofu & Coconut Ginger Lemongrass Sauce with Quick-Prep Stir-Fry Veggies

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Asian Stir-Fry Mix



Malaysian Tofu



Long Chilli (Optional)



Ginger Lemongrass Paste



Coconut Milk



Sesame Seeds



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins



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



Eat Me Early*
**Custom Recipe only*

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

	2 People	4 People
olive oil*	refer to method	refer to method
plant-based butter*	20g	40g
garlic paste	1 packet	2 packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Asian stir-fry mix	1 medium packet	1 large packet
Malaysian tofu	1 packet	2 packets
long chilli  (optional)	½	1
ginger		
lemongrass paste	1 packet	2 packets
coconut milk	1 packet	2 packets
vinegar* (white wine or rice wine)	¼ tsp	½ tsp
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
sesame seeds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3413kJ (816Cal)	715kJ (171Cal)
Protein (g)	23.5g	4.9g
Fat, total (g)	37.9g	7.9g
- saturated (g)	18.3g	3.8g
Carbohydrate (g)	89.1g	18.7g
- sugars (g)	14g	2.9g
Sodium (mg)	1038mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4166kJ (996Cal)	649kJ (155Cal)
Protein (g)	57.5g	9g
Fat, total (g)	42.6g	6.6g
- saturated (g)	19.7g	3.1g
Carbohydrate (g)	89.1g	13.9g
- sugars (g)	14g	2.2g
Sodium (mg)	1122mg	175mg

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, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** 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 the heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes** (the rice will finish cooking in its own steam, so don't peek!).

3



Cook the tofu & sauce

- 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.
- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **ginger lemongrass paste** and remaining **garlic paste**, 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, tossing to coat.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Before cooking tofu, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate and continue as above. Return chicken to sauce with tofu, tossing to coat.

2



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **Asian stir-fry mix**, tossing, until tender, **3-4 minutes**.
- Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.
- Meanwhile, cut **Malaysian tofu** into 1cm cubes. Thinly slice **long chilli** (if using).

4



Serve up

- Divide garlic rice between bowls.
- Top with veggies and coconut and ginger tofu, spooning over the sauce from the pan.
- Sprinkle with **chilli** and **sesame seeds** to serve. Enjoy!

Rate your recipe

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