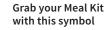


Satay Tofu & Coconut Ginger Lemongrass Sauce with Quick-Prep Stir-Fry Veggies

CLIMATE SUPERSTAR











Asian Stir-Fry



Malaysian Tofu



Long Chilli



Paste

(Optional)

Ginger Lemongrass



Coconut Milk



Sesame Seeds





Prep in: 15-25 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.

Pantry items

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 \cdot Large frying pan

Ingredients

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	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)	1/2	1		
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		
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





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!).



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.



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).



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!

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