



Plant-Based Sweet Chilli Tofu Stir-Fry

with Veggies, Garlic Rice & Peanuts

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Red Onion



Green Beans



Zucchini



Plant-Based Asian Mushroom Sauce



Sweet Chilli Sauce



Japanese Tofu



Cornflour



Crushed Peanuts



Beef Strips

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



Plant-Based*

*Custom Recipe is not Plant-Based

Bring tender tofu to life by coating it in cornflour, popping it in the pan, and leaving it to sizzle with a heap of veg and an Asian-style sweet chilli sauce you'll want to eat off the spoon. Serve with fluffy garlic rice to soak up the deliciousness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce

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
garlic	3 cloves	6 cloves
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
red onion	1	2
green beans	1 small bag	1 medium bag
zucchini	1	2
plant-based Asian mushroom sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tbs	2 tbs
Japanese tofu	1 packet	2 packets
cornflour	1 medium packet	1 large packet
crushed peanuts	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)	2912kJ (696Cal)	478kJ (114Cal)
Protein (g)	29.5g	4.8g
Fat, total (g)	15.8g	2.6g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	103.8g	17g
- sugars (g)	28.1g	4.6g
Sodium (mg)	1827mg	300mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2973kJ (711Cal)	468kJ (112Cal)
Protein (g)	44.3g	7g
Fat, total (g)	13.2g	2.1g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	99.2g	15.6g
- sugars (g)	25.8g	4.1g
Sodium (mg)	1427mg	225mg

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

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle 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. Keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

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

4



Cook the tofu

- Cut **Japanese tofu** into bite-sized chunks. Add **cornflour** and a pinch of **salt** and **pepper** to a medium bowl. Add **tofu** and toss to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **tofu** and cook, tossing, until browned, **3-4 minutes**.

Custom Recipe: If you've swapped to beef strips, add beef strips to the medium bowl and toss to coat. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.

2



Get prepped

- When the rice has **10 minutes** remaining, thinly slice **capsicum** and **red onion**.
- Trim **green beans** and cut into thirds.
- Slice **zucchini** into thin rounds.
- In a small bowl, combine **plant-based Asian mushroom sauce**, **sweet chilli sauce**, the **soy sauce**, the remaining **garlic** and a splash of **water**.

5



Bring it all together

- Return **veggies** to pan with the tofu. Add **sauce mixture** and cook, stirring, until bubbling, **1 minute**. Season with **pepper**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **capsicum**, **onion**, **green beans** and **zucchini**, tossing, until tender, **4-6 minutes**. Transfer to a bowl.

TIP: Add a splash of water to speed up the cooking process!

6



Serve up

- Divide garlic rice and sweet chilli tofu stir-fry between bowls. Spoon over any extra sauce from pan.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate