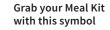


# Plant-Based Sweet Chilli Tofu Stir-Fry

with Veggies, Garlic Rice & Peanuts

EXPLORER

CLIMATE SUPERSTAR













Capsicum

**Red Onion** 





Zucchini

Green Beans



Plant-Based Asian Mushroom Sauce



Japanese Tofu



**Crushed Peanuts** 

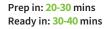
**Pantry items** 

Olive Oil, Soy Sauce



Cornflour





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.



#### 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

3				
	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





## 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!



## 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.



# 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.



# 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!



# Bring it all together

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



## 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!