



Plant-Based Sweet Chilli Tofu Stir-Fry

with Veggies, Garlic Rice & Peanuts

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



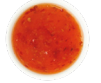
Red Onion



Japanese Tofu



Plant-Based Asian Mushroom Sauce



Sweet Chilli Sauce



Asian Stir-Fry Mix



Cornflour



Crushed Peanuts



Chicken Breast

Prep in: 10-20 mins
Ready in: 25-35 mins



Plant Based*
*Custom Recipe is not Plant Based



Eat Me Early*
*Custom Recipe only

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

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 paste	1 packet	2 packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
red onion	1	2
Japanese tofu	1 packet	2 packets
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
Asian stir-fry mix	1 medium packet	1 large packet
cornflour	1 medium packet	1 large packet
crushed peanuts	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)	2950kJ (705Cal)	596kJ (142Cal)
Protein (g)	28.2g	5.7g
Fat, total (g)	17g	3.4g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	103.9g	21g
- sugars (g)	24.3g	4.9g
Sodium (mg)	1928mg	389mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2982kJ (713Cal)	532kJ (127Cal)
Protein (g)	47.6g	8.5g
Fat, total (g)	11.5g	2.1g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	99.3g	17.7g
- sugars (g)	22g	3.9g
Sodium (mg)	1542mg	275mg

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 a drizzle 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** 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 and keep covered until the rice is tender and the water is absorbed, **12 minutes**.

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

3



Cook the tofu

- To a medium bowl, add **cornflour** and a pinch of **salt** and **pepper**. Add **tofu** and toss to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Return **veggies** to pan and add **sauce mixture**, stirring, until bubbling, **1 minute**. Season with **pepper**.

Custom Recipe: Coat chicken strips as above. Return frying pan to high heat, with a drizzle of oil. Cook chicken, tossing occasionally, until cooked through (when no longer pink inside), 3-4 minutes. Continue as above.

2



Get prepped & cook the veggies

- Meanwhile, thinly slice **red onion**. Cut **Japanese tofu** into bite-sized chunks.
- In a small bowl, combine **plant-based Asian mushroom sauce**, **sweet chilli sauce**, the **soy sauce**, remaining **garlic paste** and a splash of water.
- When the rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **onion** and **Asian stir-fry mix**, tossing, until tender, **4-6 minutes**. Transfer to a bowl.

Custom Recipe: If you've swapped to chicken breast, slice into thin strips.

4



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!

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