



# Sticky Tofu & Garlicky Greens Stir-Fry

with Rice, Plant-Based Aioli & Crispy Shallots

EXPLORER



Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli



Green Beans



Garlic



Japanese Tofu



Plant-Based Asian Mushroom Sauce



Ginger Paste



Plant-Based Aioli



Crispy Shallots



Chicken Breast

Prep in: 20-30 mins

Ready in: 35-45 mins



Plant Based^

*^Custom Recipe is not Plant Based*



Eat Me Early\*

*\*Custom Recipe only*

The best part about this recipe is that you can pack a little bit of each ingredient onto your fork and enjoy all of the flavours in one hit! Start by adding some of our go-to jasmine rice as the foundation, some colourful veggies to follow, then pop on top some plant-based mushroom-glazed tofu to complete the stack.

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

### Pantry items

Olive Oil, Plant-Based Butter, 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                             |
|----------------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>                | refer to method | refer to method                      |
| <b>water*</b>                    | 1¼ cups         | 2½ cups                              |
| jasmine rice                     | 1 medium packet | 1 large packet                       |
| <b>plant-based butter*</b>       | 20g             | 40g                                  |
| broccoli                         | ½ head          | 1 head                               |
| green beans                      | 1 small packet  | 1 medium packet                      |
| garlic                           | 1 clove         | 2 cloves                             |
| Japanese tofu                    | 1 packet        | 2 packets                            |
| plant-based Asian mushroom sauce | 1 medium packet | 1 large packet                       |
| ginger paste                     | 1 medium packet | 1 large packet                       |
| <b>brown sugar*</b>              | ½ tbs           | 1 tbs                                |
| plant-based aioli                | 1 medium packet | 2 medium packets                     |
| crispy shallots                  | 1 medium packet | 1 large packet                       |
| chicken breast**                 | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3314kJ (792Cal) | 676kJ (162Cal) |
| Protein (g)      | 30.3g           | 6.2g           |
| Fat, total (g)   | 40.8g           | 8.3g           |
| - saturated (g)  | 7.5g            | 1.5g           |
| Carbohydrate (g) | 82.5g           | 16.8g          |
| - sugars (g)     | 14.4g           | 2.9g           |
| Sodium (mg)      | 1624mg          | 331mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 4028kJ (963Cal) | 614kJ (147Cal) |
| Protein (g)      | 66.9g           | 10.2g          |
| Fat, total (g)   | 43.2g           | 6.6g           |
| - saturated (g)  | 8.2g            | 1.3g           |
| Carbohydrate (g) | 82.7g           | 12.6g          |
| - sugars (g)     | 14.4g           | 2.2g           |
| Sodium (mg)      | 1694mg          | 258mg          |

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](https://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 rice

- In a medium saucepan, add the **water** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
- Stir the **plant-based butter** through the rice.

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

4



## Make the sauce

- While the veggies are cooking, in a small bowl, combine **plant-based Asian mushroom sauce**, **ginger paste** and the **brown sugar**. Set aside.

2



## Get prepped

- While the rice is cooking, chop **broccoli** (see ingredients), including the stalk, into small florets.
- Trim **green beans** and cut into thirds.
- Finely chop **garlic**.
- Cut **Japanese tofu** into 2cm chunks.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.

5



## Cook the tofu

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Add **mushroom sauce mixture** and cook until slightly reduced, **1 minute**.

**Custom Recipe:** Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 2-3 minutes. Add tofu and continue with step as above, cooking for 3-4 minutes until tofu is browned and chicken is cooked through (when no longer pink inside). Continue as above.

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli** and **green beans**, tossing, until softened, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to help speed up the cooking process.

6



## Serve up

- Divide rice, sticky tofu and garlicky veggies between bowls.
- Drizzle with **plant-based aioli**. Sprinkle over **crispy shallots** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)