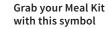


# Sticky Tofu & Garlicky Greens Stir-Fry with Rice, Plant-Based Aioli & Crispy Shallots

EXPLORER











Green Beans



Japanese Tofu

Plant-Based Asian Mushroom Sauce





Crispy Shallots





Prep in: 20-30 mins Ready in: 35-45 mins (4)

Plant Based^ ^Custom Recipe is not Plant Based

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.

**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
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
plant-based butter*	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
brown sugar*	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 OR 1 large packet

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

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Scan here if you have any questions or concerns



#### 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!



## 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.



## 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.



## 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.



## 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.



## Serve up

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

