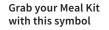


Sticky Tofu & Garlicky Greens Stir-Fry with Plant-Based Aioli & Crispy Shallots

EXPLORER













Green Beans





Japanese Tofu



Asian Mushroom Sauce



Ginger Paste





Crispy Shallots





Prep in: 20-30 mins Ready in: 35-45 mins

^Custom Recipe is not Plant-Based Eat Me Early* *Custom Recipe only

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.



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 lid · Large frying pan

Ingredients

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	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	2 medium packets		
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 sachet	1 large sachet		
chicken breast**	1 medium packet	2 medium packets		

*Pantry Items **Custom Recipe Ingredient

Nutrition

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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		
Dietary Fibre (g)	30.1g	6.1g		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4030kJ (963Cal)	615kJ (147Cal)
Protein (g)	67g	10.2g
Fat, total (g)	43.3g	6.6g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	82.6g	12.6g
- sugars (g)	14.4g	2.2g
Sodium (mg)	1694mg	258mg
Dietary Fibre	30.2g	4.6g

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 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 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 sauces

 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.



Serve up

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

Custom Recipe: Divide rice, sticky chicken and tofu and garlicky veggies between bowls.



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