



# Glazed Plum Tofu & Asian Greens Stir-Fry

with Garlic Rice & Crispy Shallots

EXPLORER

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Asian Greens



Firm Tofu



Plum Sauce



Sweet Soy Seasoning



Cornflour



Crispy Shallots



Plant-Based Aioli



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins



Plant Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not plant-based



Eat Me Early\*  
\*Custom Recipe only

Busting with crowd-pleasing Asian flavours, everyone will be happily getting their daily dose of veg with this tender tofu dish. With fragrant rice and a sprinkling of crispy shallots, it's the little things that make this one stand out from the crowd!

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

### Pantry items

Olive Oil, Plant-Based Butter, Vinegar (White Wine Or Rice Wine)

## 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
garlic	3 cloves	6 cloves
<b>plant-based butter*</b>	20g	40g
<b>water*</b>	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
Asian greens	1 medium packet	2 medium packets
firm tofu	½ packet	1 packet
plum sauce	1 medium packet	2 medium packets
<b>vinegar*</b>		
(white wine or rice wine)	1 tsp	2 tsp
sweet soy seasoning	1 medium sachet	2 medium sachets
cornflour	1 medium sachet	1 large sachet
crispy shallots	1 medium sachet	1 large sachet
plant-based aioli	1 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3886kJ (929Cal)	712kJ (170Cal)
Protein (g)	33.3g	6.1g
Fat, total (g)	38.3g	7g
- saturated (g)	5.4g	1g
Carbohydrate (g)	113.6g	20.8g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1111mg	204mg
Dietary Fibre (g)	35g	6.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4601kJ (1099Cal)	647kJ (154Cal)
Protein (g)	69.9g	9.8g
Fat, total (g)	40.8g	5.7g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	113.8g	16g
- sugars (g)	11.2g	1.6g
Sodium (mg)	1181mg	166mg
Dietary Fibre	35.1g	4.9g

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



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash 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 **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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



## Prep the tofu

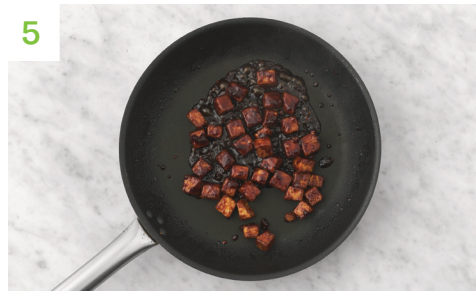
- Meanwhile, in a large bowl, combine **tofu**, **sweet soy seasoning**, **cornflour** and a pinch of **salt** and **pepper**.



## Get prepped

- Meanwhile, thinly slice **carrot** into sticks.
- Trim **green beans**.
- Roughly chop **Asian greens**.
- Pat dry **firm tofu** (see ingredients) and cut into bite-sized chunks.
- In a small bowl, combine **plum sauce**, the **vinegar** and a splash of **water**.

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



## Cook the tofu

- Return pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, shake excess **cornflour** off tofu, then cook **tofu**, tossing occasionally, until browned and warmed through, **3-5 minutes**. Add **sauce mixture**, tossing, until combined, **1 minute**.

**TIP:** Add a drizzle more olive oil if necessary!

**Custom Recipe:** Before cooking the tofu, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate and continue as above.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot**, **green beans** and **Asian greens**, tossing, until just wilted, **4-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.

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



## Serve up

- Divide garlic rice between bowls. Top with Asian greens stir-fry and glazed plum tofu.
- Spoon over any remaining plum sauce from pan.
- Top with **crispy shallots**.
- Serve with **plant-based aioli**. Enjoy!

**Custom Recipe:** Top garlic rice with chicken, Asian greens stir-fry and glazed plum tofu.

## Rate your recipe

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