



# Sticky Tofu & Garlicky Greens Stir-Fry

with Jasmine Rice & Plant-Based Aioli

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<sup>^</sup>**  
*\*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>	1 cup	2 cups
jasmine rice	1 medium packet	2 medium packets
<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 sachet	1 large sachet
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)	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](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 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 **10 minutes**, then remove pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.
- Stir the **plant-based butter** through the rice.

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



## 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.



## 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 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**.

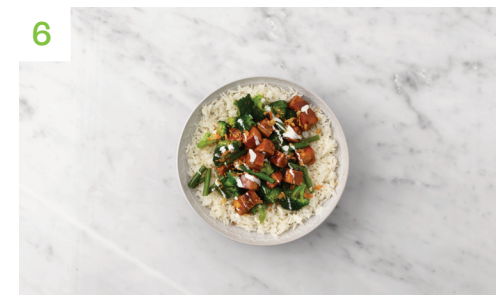
**Custom Recipe:** Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 2-3 minutes. Add tofu and cook, tossing, until browned and chicken is cooked through, 3-4 minutes. Continue with step as above.



## 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.



## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)