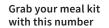


Sticky Tofu & Garlicky Greens Stir-Fry with White Rice & Plant-Based Aioli





















Japanese Tofu

Plant-Based Asian Mushroom Sauce





Ginger Paste





Crispy Shallots







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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
water*	11/4 cup	2½ cups
white 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 sachet	2 medium sachets
crispy shallots	1 medium sachet	1 large sachet

^{*}Pantry Items

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

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.



Cook the rice

- In a medium saucepan, add the water and bring to the boil.
- · Rinse and drain white rice.
- To pan, add white 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!



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.



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 mushroom 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.



Serve up

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





Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



In a large frying pan, cook over medium-high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

