



Umami Tofu & Pea Pod Stir-Fry

with Garlic Rice & Sriracha

NEW

Grab your meal kit with this number

17



White Rice



Garlic Paste



Pea Pods



Carrot



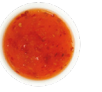
Spring Onion



Japanese Tofu



Umami Paste



Sweet Chilli Sauce



Sriracha



Mixed Sesame Seeds



Japanese Tofu



Chicken Breast

Recipe Update

We've replaced the green beans in this recipe with pea pods due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Plant Based

We're stirring and frying these soft little tofu cubes tonight in a lavish umami sauce. Bring out those garlic aromatics by cooking it into the rice and what tofu stir-fry would be complete without a drizzle of sriracha to smother over everything. It's a gold star from us!

Pantry items

Olive Oil, Soy Sauce

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

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	2 medium packets
garlic paste	1 packet	2 packets
water* (for the rice)	1 ¼ cups	2 ½ cups
pea pods	1 medium packet	2 medium packets
carrot	1	2
spring onion	2 stems	4 stems
Japanese tofu	1 packet	2 packets
umami paste	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	¼ cup	½ cup
sriracha	1 packet	2 packets
mixed sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2674kJ (639cal)	325kJ (78cal)
Protein (g)	25.2g	3.1g
Fat, total (g)	20.5g	2.5g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	85.4g	10.4g
- sugars (g)	18.1g	2.2g
Sodium (mg)	1418mg	172.5mg
Dietary Fibre (g)	25.7g	3.1g

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 garlic rice

- Rinse and drain **white rice**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook **garlic paste** until fragrant, **1-2 minutes**. Add **rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Make the tofu stir-fry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **tofu**, tossing until browned, **3-4 minutes**. Transfer to a plate.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pea pods** and **carrot**, tossing regularly, until tender, **4-5 minutes**.
- Return **tofu** to pan then add sauce mixture and **spring onion**, tossing, until well combined, **1-2 minutes**.



Get prepped

- Meanwhile, trim and roughly chop **pea pods**.
- Thinly slice **carrot** into half-moons.
- Thinly slice **spring onion** diagonally.
- Cut **Japanese tofu** into 2cm chunks.
- In a small bowl, combine **umami paste**, **sweet chilli sauce**, the **soy sauce** and **water (for the sauce)**.



Serve up

- Divide garlic rice between bowls.
- Top with umami tofu and pea pod stir-fry.
- Drizzle over **sriracha**. Sprinkle over **mixed sesame seeds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

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

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

