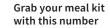


Sweet Chilli Tofu & Garlicky Veggies

with Ginger Rice & Crispy Shallots















Japanese Tofu







Carrot

Green Beans





Sweet Chilli



Crispy Shallots



Mayonnaise





Prep in: 15-25 mins Ready in: 30-40 mins **Pantry items** Olive Oil, Butter, 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 |
| butter* | 20g | 40g |
| ginger paste | 1 medium packet | 1 large packet |
| water* | 1¼ cups | 2½ cups |
| white rice | 1 medium packet | 1 large packet |
| Japanese tofu | 1 packet | 2 packets |
| garlic | 2 cloves | 4 cloves |
| green beans | 1 small packet | 1 medium packet |
| carrot | 1 | 2 |
| broccoli | 1 head | 2 heads |
| sweet chilli sauce | 1 medium packet | 2 medium packets |
| soy sauce* | 1 tbs | 2 tbs |
| crispy shallots | 1 medium sachet | 1 large sachet |
| mayonnaise | 1 medium packet | 1 large packet |
| * Dantas Itama | | |

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3426kJ (819cal) | 317kJ (76cal) |
| Protein (g) | 30.7g | 2.8g |
| Fat, total (g) | 40.3g | 3.7g |
| - saturated (g) | 11.5g | 1.1g |
| Carbohydrate (g) | 89.5g | 8.3g |
| - sugars (g) | 21.8g | 2g |
| Sodium (mg) | 1342mg | 124.1mg |
| Dietary Fibre (g) | 31.1g | 2.9g |
| | | |

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 for alle

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 ginger rice

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium heat. Cook **ginger paste**, until fragrant, **1-2 minutes**.
- Drain and rinse white rice.
- Add the water and a generous pinch of salt, then bring to the boil.
- Add rice. Stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove from heat. Keep covered until rice is tender and water is absorbed, 10 minutes.

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



Cook the tofu

- Wipe out pan and return to medium-high heat with a drizzle of olive oil.
- · Cook tofu, tossing, until browned, 4-5 minutes.
- Add sweet chilli sauce, the soy sauce and remaining garlic, tossing, until combined, 1 minute. Season to taste with salt and pepper.



Get prepped & cook the veggies

- Meanwhile, cut Japanese tofu into 2cm chunks. Finely chop garlic. Trim and halve green beans. Thinly slice carrot into half-moons. Cut broccoli (including the stalk!) into small florets.
- When rice has 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over high heat.
- Cook green beans, broccoli and carrot, tossing regularly, until tender,
 4-5 minutes.
- Add half the garlic and cook, until fragrant, 1 minute. Transfer to a bowl.
 Season and cover to keep warm.



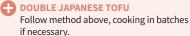
Serve up

- Divide ginger rice between bowls.
- Top with garlicky veggies and sweet chilli tofu.
- · Garnish with crispy shallots.
- Serve with a dollop of **mayonnaise**. Enjoy!









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

