



Glazed Plum Tofu & Asian Greens Stir-Fry

with Garlic Rice & Crispy Shallots

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Garlic



White Rice



Carrot



Green Beans



Firm Tofu



Plum Sauce



Asian Greens



Sweet Soy Seasoning



Cornflour



Crispy Shallots



Plant-Based Aioli



Chicken Breast



Chicken Breast

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

Plant Based

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!

Pantry items

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

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
garlic	3 cloves	6 cloves
white rice	1 medium packet	1 large packet
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
carrot	1	2
green beans	1 small packet	1 medium packet
firm tofu	½ packet	1 packet
plum sauce	1 packet	2 packets
vinegar* (white wine or rice wine)	1 tsp	2 tsp
Asian greens	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
cornflour	1 medium sachet	1 large sachet
crispy shallots	1 medium sachet OR ½ large sachet	2 medium sachets
plant-based aioli	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3886kJ (929cal)	357kJ (85cal)
Protein (g)	33.3g	3.1g
Fat, total (g)	38.3g	3.5g
- saturated (g)	5.4g	0.5g
Carbohydrate (g)	113.6g	10.4g
- sugars (g)	11.2g	1g
Sodium (mg)	1111mg	101.9mg
Dietary Fibre (g)	35g	3.2g

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.

We're here to help!

Scan here if you have any questions or concerns

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Cook the rice

- Finely chop **garlic**. Rinse and drain **white rice**.
- 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 **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**.
- 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**.



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.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **green beans**, tossing, until tender, **4-6 minutes**.
- Add remaining **garlic** and **Asian greens**, then cook until just wilted, **1 minute**. Season to taste with **salt** and **pepper**.
- 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 OPTIONS



ADD CHICKEN BREAST

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



SWAP TO 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.

