

Sticky Tofu & Garlicky Greens Stir-Fry

with Rice & Plant-Based Aioli

Grab your meal kit with this number

30



White Rice



Broccoli



Green Beans



Garlic



Long Chilli (Optional)



Japanese Tofu



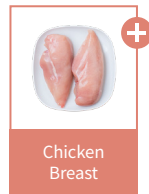
Plant-Based Asian Mushroom Sauce



Ginger Paste



Plant-Based Aioli



Chicken Breast



Salmon

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

Plant Based

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 fluffy rice as the foundation, some colourful veggies to follow, then pop on top some plant-based mushroom-glazed tofu to complete the stack.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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 | 1 large packet |
| water* | 1¼ cup | 2½ cups |
| plant-based butter* | 20g | 40g |
| broccoli | 1 head | 2 head |
| green beans | 1 small packet | 1 medium packet |
| garlic | 1 clove | 2 cloves |
| long chilli  (optional) | ½ | 1 |
| 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 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3265kJ (780cal) | 331kJ (79cal) |
| Protein (g) | 30.2g | 3.1g |
| Fat, total (g) | 37.1g | 3.8g |
| - saturated (g) | 5.6g | 0.6g |
| Carbohydrate (g) | 79.2g | 8g |
| - sugars (g) | 13.4g | 1.4g |
| Sodium (mg) | 1610mg | 163.3mg |
| Dietary Fibre (g) | 30.4g | 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](https://www.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

2024 | CW39



Cook the rice

1. Rinse and drain **white rice**.
2. In a medium saucepan, add the **water** and bring to the boil. Add **rice**, stir, cover with a lid and reduce heat to low.
3. 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**.
4. Stir the **plant-based butter** through the rice.

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



Make the sauces

1. 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

1. While the rice is cooking, chop **broccoli** including the stalk, into small florets.
2. Trim **green beans** and cut into thirds.
3. Finely chop **garlic**.
4. Thinly slice **long chilli** (if using).
5. Cut **Japanese tofu** into 2cm chunks.



Cook the tofu

1. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tofu**, tossing, until browned, **3-4 minutes**.
2. Add **mushroom sauce mixture** and cook until slightly reduced, **1 minute**.



Cook the veggies

1. 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**.
2. Add **garlic** and cook until fragrant, **1-2 minutes**. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to help speed up the cooking process.



Serve up

1. Divide rice, sticky tofu and garlicky greens stir-fry between bowls.
2. Drizzle with **plant-based aioli**.
3. Sprinkle over **chilli** (if using) to serve. Enjoy!

CUSTOM OPTIONS

+ **ADD CHICKEN BREAST**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ **ADD SALMON**
Cook over 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.

