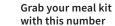


Glazed Plum Tofu & Asian Greens Stir-Fry

with Garlic Rice & Crispy Shallots

CLIMATE SUPERSTAR















Carrot



Green Beans





Plum Sauce





Asian Greens

Sweet Soy Seasoning







Cornflour

Crispy Shallots



Plant-Based





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



Pantry items

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
plant-based butter*	20g	40g	
water*	1 cup	2 cups	
jasmine rice	1 medium packet	1 large packet	
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	½ large sachet	1 large sachet	
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.



Cook the rice

- Finely chop garlic.
- 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 jasmine 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!



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 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 Asian greens and remaining garlic and cook until fragrant and slightly 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.



Prep the tofu

 Meanwhile, in a large bowl, combine tofu, sweet soy seasoning, cornflour and a pinch of salt and pepper.



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.



Serve up

- Divide garlic rice between bowls.
- Top with Asian greens stir-fry and glazed plum tofu. Spoon over any remaining plum sauce.
- Sprinkle over crispy shallots and top with a dollop of plant-based aioli to serve. Enjoy!









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.

