



Sticky Tofu & Garlicky Greens Stir-Fry

with Rice & Plant-Based Aioli

Grab your meal kit with this number

30



Jasmine 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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
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 helofresh.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

- In a medium saucepan, add the **water** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- 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**.
- 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

- 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

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



Cook the tofu

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



Cook the veggies

- 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**.
- 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

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

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook with tofu, until cooked through, 4-6 minutes. Continue with recipe.



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.

