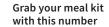


Sticky Tofu & Garlicky Greens Stir-Fry with Rice & Plant-Based Aioli













Green Beans





Long Chilli



Japanese Tofu

(Optional)



Asian Mushroom Sauce



Ginger Paste







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



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)	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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 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.



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.



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.



Serve up

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



ADD CHICKEN BREAST

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

Cook over high heat with a drizzle of olive oil, skin-side down first, until just cooked through, 2-4 minutes each side.

