



Sweet-Soy Tofu & Plum Sauce

with Garlic Rice & Veggies

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Garlic



Jasmine Rice



Baby Broccoli



Zucchini



Firm Tofu



Plum Sauce



Baby Spinach Leaves



Sweet Soy Seasoning



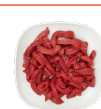
Cornflour



Crispy Shallots



Plant-Based Aioli



Beef Strips



Chicken Breast

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

Plant Based

Bursting with crowd-pleasing Asian flavours, everyone will be happily getting their daily dose of veg with this tender tofu dish. It tastes even better when paired with pan-fried veggies and fragrant garlic rice.

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
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
zucchini	1	2
firm tofu	½ packet	1 packet
plum sauce	1 packet	2 packets
vinegar* (white wine or rice wine)	1 tsp	2 tsp
baby spinach leaves	1 small packet	1 medium packet
sweet soy seasoning	1 sachet	2 sachets
cornflour	1 medium sachet	2 medium sachets
crispy shallots	1 medium sachet	2 medium sachets
plant-based aioli	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3799kJ (908cal)	828kJ (180cal)
Protein (g)	34.1g	7.4g
Fat, total (g)	38.4g	8.4g
- saturated (g)	5.4g	1.2g
Carbohydrate (g)	108.7g	23.7g
- sugars (g)	6.8g	1.5g
Sodium (mg)	833mg	181.5mg
Dietary Fibre (g)	33.6g	7.3g

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

2025 | CW04



Cook the rice

1. Finely chop **garlic**.
2. 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**.
3. Add the **water** and a generous pinch of **salt** and bring to the boil.
4. 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!



Prep the tofu

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



Get prepped

1. Meanwhile, trim **baby broccoli**.
2. Thinly slice **zucchini** into sticks.
3. Pat dry **firm tofu** (see ingredients) and cut into bite-sized chunks.
4. In a small bowl, combine **plum sauce**, the **vinegar** and a splash of **water**.



Cook the tofu

1. 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**.
2. Add **sauce mixture**, tossing, until combined, **1 minute**.

TIP: Add a drizzle more olive oil if necessary!



Cook the veggies

1. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **baby broccoli** and **zucchini**, tossing, until tender, **4-6 minutes**.
2. Add **garlic** and **baby spinach leaves** and cook until just wilted, **1 minute**. Season to taste.
3. 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.



Finish & serve

1. Divide garlic rice between bowls.
2. Top with veggies and sweet-soy tofu.
3. Spoon over any remaining plum sauce from pan.
4. Top with **crispy shallots**.
5. Serve with **plant-based aioli**. Enjoy!

CUSTOM OPTIONS

+ ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

+ ADD 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.

