

Chilli Jam Tofu & Garlicky Greens

with Ginger Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Green Beans



Asian Greens



Long Chilli (Optional)



Chilli Jam



Sesame Seeds



Crispy Shallots



Ginger Paste



Japanese Tofu



Mayonnaise

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **25-35** mins
Ready in: **30-40** mins

In this fragrant dish, the soy and sesame-spiked chilli jam works a treat on the tender tofu - creating a gorgeous glaze that will leave even tofu naysayers wanting more.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| butter* | 20g | 40g |
| ginger paste | 1 medium packet | 1 large packet |
| water* | 1¼ cups | 2½ cups |
| jasmine rice | 1 medium packet | 1 large packet |
| Japanese tofu | 1 packet | 2 packets |
| garlic | 3 cloves | 6 cloves |
| green beans | 1 medium bag | 1 large bag |
| Asian greens | 1 bag | 2 bags |
| long chilli (optional) | ½ | 1 |
| chilli jam | 1 packet | 2 packets |
| soy sauce* | 1 tbs | 2 tbs |
| sesame seeds | 1 medium packet | 1 large packet |
| crispy shallots | 1 medium packet | 1 large packet |
| mayonnaise | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3523kJ (842Cal) | 756kJ (180Cal) |
| Protein (g) | 29.7g | 6.4g |
| Fat, total (g) | 42g | 9g |
| - saturated (g) | 10.5g | 2.3g |
| Carbohydrate (g) | 89.9g | 19.3g |
| - sugars (g) | 18.2g | 3.9g |
| Sodium (mg) | 1125mg | 241mg |

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.

1



Cook the ginger rice

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



Flavour the tofu

- Add **chilli jam**, the **soy sauce**, **sesame seeds**, 1/2 the **garlic** and a splash of **water** to the pan.
- Toss **tofu** to coat, then simmer until slightly thickened, **1-2 minutes**.
- Transfer to a bowl. Cover to keep warm.

2



Get prepped

- Meanwhile, cut **Japanese tofu** into 2cm chunks.
- Finely chop **garlic**.
- Trim **green beans**. Roughly chop **Asian greens**.
- Thinly slice **long chilli** (if using).

5



Cook the garlicky greens

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until just tender, **3-4 minutes**.
- Add **Asian greens** and cook, tossing, until just tender and wilted, **2 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.

3



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **4-5 minutes**.

6



Serve up

- Divide ginger rice between bowls. Top with garlicky greens and chilli jam tofu.
- Garnish with **crispy shallots** and chilli.
- Serve with a dollop of **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW33

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate