

## **Chinese Sticky Tofu with Jasmine Rice**

You'll be transported to a street vendor in Beijing with your first mouthful of this fragrant stir fry. The combination of hoisin sauce, ginger and garlic is a classic and a fool-proof combination that flavours the tofu and vegetables brilliantly. So delicious, we know you'll be begging for seconds.



Prep: 10 mins Cook: 20 mins Total: 30 mins



level 1



**Pantry Items** 





Vegetable



Jasmine Rice





Hoisin Sauce



Ginger





Chinese Honey Soy Tofu





Red Capsicum



Snow Peas





Long Red Chilli

2P	4P	Ingredients	
I packet	2 packets	Jasmine rice, rinsed well	
3 cups	6 cups	water *	
2 tbs	4 tbs	hoisin sauce	
1 knob	2 knobs	ginger, peeled & finely grated	
1 clove	2 cloves	garlic, peeled & crushed	<del>*************************************</del>
1 tbs	2 tbs	vegetable oil *	
1 packet	2 packets	Chinese honey soy tofu, cut into squares	
1/2	1	red onion, finely sliced	#
1/2	1	red capsicum, sliced into thin strips	
200 g	400 g	snow peas, trimmed & destrung	
½ bunch	1 bunch	coriander, leaves picked	#
1	2	long red chilli, finely sliced	

#	Ingredient features
	in another recipe

\* Pantry Items

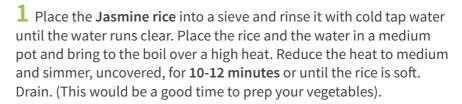
Pre-preparation

Nut			

Energy         2650         Kj           Protein         26.3         g           Fat, total         16.9         g           -saturated         2.3         g           Carbohydrate         90.7         g           -sugars         24.5         g           Sodium         1150         mg						
Fat, total 16.9 g -saturated 2.3 g Carbohydrate 90.7 g -sugars 24.5 g	Energy	2650	Kj			
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-sugars 24.5 g	-saturated	2.3	g			
6 11 1150	Carbohydrate	90.7	g			
Sodium 1150 mg	-sugars	24.5	g			
	Sodium	1150	mg			



You will need: chef's knife, chopping board, sieve, fine grater, garlic crusher, medium pot, small bowl, large wok or frying pan, tongs, medium bowl and wooden spoon.





Meanwhile, combine the **hoisin sauce**, **ginger** and **garlic** in a small bowl and set aside.

3 Heat a large wok or frying pan over a high heat. Add half of the vegetable oil and swirl to coat the wok. Add the Chinese honey soy tofu and cook for 2-3 minutes or until caramelised. Transfer to a medium bowl.



4 Place the wok back over a high heat and add the remaining oil. Add the red onion, red capsicum and snow peas and stir fry for 2 minutes or until the vegetables are just tender. Return the tofu to the wok with the hoisin mixture. Stir fry for 1 minute or until heated through. Remove from the heat and stir through the coriander.

**5** To serve, divide the rice between bowls, top with the stir-fry and garnish with the **long red chilli** slices.



**Did you know?** The word 'hoisin' is Chinese for seafood, though it contains no seafood ingredients, nor is it intended to be served with seafood.