



# CHINESE STICKY TOFU & VEGGIE STIR-FRY

with Jasmine Rice



Learn how to peel ginger



Jasmine Rice



Ginger



Garlic



Chinese Honey Soy Tofu



Red Onion



Red Capsicum



Snow Peas



Coriander



Long Red Chilli (Optional)



Hoisin Sauce

Pantry Staples



Olive Oil



Soy Sauce



Rice Wine Vinegar



Water

Hands-on: 15 mins  
Ready in: 25 mins

Spicy (optional long red chilli)

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

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, small spoon, fine grater, garlic crusher, sieve, medium saucepan** with a lid, **small bowl, large wok** or **frying pan, spatula** and a **bowl**.



## 1 GET PREPPED

Cut the **Chinese honey soy tofu** into 2 cm cubes. Peel and finely grate the **ginger**.  
**TIP:** Hold the knob in one hand and use the tip of a baby spoon to scrape off the peel. It's easier than using a knife or vegetable peeler! Peel and crush the **garlic**. Finely slice the **red onion**. Slice the **red capsicum** into thin strips. Trim the ends of the **snow peas**. Pick the **coriander** leaves. Finely slice the **long red chilli (if using)**.



## 4 COOK THE TOFU

Heat a large wok or frying pan over a high heat. Add a **drizzle** of **olive oil** and the **Chinese honey soy tofu** and cook for **4 minutes**, or until golden. Set aside in a bowl.



## 2 COOK THE RICE

Rinse the **Jasmine rice** well. Place the rice and the **water (for the rice)** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **11-12 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



## 5 STIR-FRY THE VEGGIES

Return the wok to a high heat and add another **drizzle** of **olive oil**. Add the **garlic** and **ginger** and cook for **2 minutes**, or until golden. Add the **red onion, red capsicum** and **snow peas** and stir-fry for **2 minutes**, or until just tender. Return the **tofu** to the wok and add the **hoisin-soy sauce**. Stir-fry for **1 minute**, or until heated through. Remove from the heat and stir through the **coriander**.



## 3 MAKE THE HOISIN-SOY SAUCE

While the rice is cooking, combine the **hoisin sauce, soy sauce, rice wine vinegar** and the **warm water (for the sauce)** in a small bowl. Set aside.



## 6 SERVE UP

Divide the **Jasmine rice** between bowls and top with the **tofu and veggie stir-fry**. Sprinkle over the **long red chilli (if using)**.  
**TIP:** Some like it hot but if you don't, just hold back on the chilli.

Enjoy!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Chinese honey soy tofu	1 packet	2 packets
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
red onion	½	1
red capsicum	1	2
snow peas	1 packet	1 packet
coriander	1 bunch	1 bunch
long red chilli (optional)	1	2
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water (for the rice)*	3 cups	6 cups
hoisin sauce	1 sachet (2 tbs)	2 sachets (½ cup)
soy sauce*	1 tbs	2 tbs
rice wine vinegar*	1 tbs	2 tbs
warm water (for the sauce)*	1 tbs	2 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2710kJ (648Cal)	323kJ (77Cal)
Protein (g)	27.8g	3.3g
Fat, total (g)	17.0g	2.0g
- saturated (g)	2.5g	0.3g
Carbohydrate (g)	92.7g	11.0g
- sugars (g)	23.2g	2.8g
Sodium (g)	1200mg	142mg

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