

Hoisin Tofu & Veggie Stir-Fry with Garlic Rice & Sesame Mayo









Green Beans





Carrot





Asian Greens



Firm Tofu





Sesame Oil



Garlic Aioli



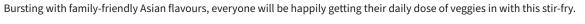
Crispy Shallots



Pantry items

Olive Oil, Butter, Plain Flour, 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 |
|-------------------|---|
| refer to method | refer to method |
| 2 cloves | 4 cloves |
| 20g | 40g |
| 1 medium packet | 1 large packet |
| 1¼ cups | 2½ cups |
| 1 | 2 |
| 1 small bag | 1 medium bag |
| 1 bag | 2 bags |
| 1/2 | 1 |
| 1 packet | 2 packets |
| 2 tbs | ¼ cup |
| 1 packet | 2 packets |
| 1½ tbs | 3 tbs |
| 1 tbs | 2 tbs |
| 1 packet | 2 packets |
| 1 packet (50g) | 1 packet (100g) |
| 1 medium packet | 1 large packet |
| 1 small packet | 1 medium packet |
| | refer to method 2 cloves 20g 1 medium packet 1¼ cups 1 1 small bag 1 bag ½ 1 packet 2 tbs 1 packet 1½ tbs 1 tbs 1 tbs 1 packet 1 packet 1 packet 1 packet 1 packet 1 packet |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4185kJ (1000Cal) | 696kJ (166Cal) |
| Protein (g) | 37.7g | 6.3g |
| Fat, total (g) | 46.3g | 7.7g |
| - saturated (g) | 9.7g | 1.6g |
| Carbohydrate (g) | 98.4g | 16.4g |
| - sugars (g) | 24.4g | 16.4g |
| Sodium (mg) | 1267mg | 211mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kj) | 3983kJ (951Cal) | 723kJ (172Cal) |
| Protein (g) | 43.4g | 7.9g |
| Fat, total (g) | 42.9g | 7.8g |
| - saturated (g) | 11.8g | 2.1g |
| Carbohydrate (g) | 100.3g | 18.2g |
| - sugars (g) | 25.3g | 4.6g |
| Sodium (mg) | 1342mg | 244mg |

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.

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Cook the garlic rice

Finely chop the garlic. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the garlic until fragrant, 1-2 minutes. Add the jasmine rice, the water (for the rice) and a good pinch of salt. Bring to the boil. Reduce the heat to low and cover with a lid. Cook for 12 minutes, then remove from the heat. Keep covered until the rice is tender and the water is absorbed, 10-15 minutes.

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



Get prepped

While the rice is cooking, thinly slice the carrot into half-moons. Trim and halve the green beans. Roughly chop the Asian greens. Cut the lime (see ingredients) into wedges. Cut the firm tofu into 1cm chunks. In a medium bowl, add the plain flour and tofu, tossing gently to coat.

CUSTOM RECIPE

If you've swapped to beef strips, combine with the plain flour as above.



Make the sauce & mayo

In a small bowl, combine the hoisin sauce, soy sauce, the water (for the sauce), a squeeze of lime juice and 1/2 the sesame oil blend. In a second small bowl, combine the garlic aioli, remaining sesame oil blend and a small splash of water.



Cook the veggies

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Stir-fry the carrot and green beans until softened, 4-5 minutes. Add the Asian greens and stir-fry until softened, 2-3 minutes. Transfer to a plate.



Cook the tofu

Return the frying pan to a medium-high heat with a good drizzle of **olive oil**. When the oil is hot, cook the **tofu**, turning occasionally, until golden, 5-7 minutes. Remove from the heat, then add the hoisin mixture. Stir, then return the cooked veggies to the pan. Toss to coat. Season with pepper to taste.



Return frying pan to a high heat with a drizzle of olive oil. Once hot, cook the beef strips in batches until browned and cooked through, 1-2 minutes. Continue as above.

TIP: Cooking the beef in batches over a high heat helps it stay tender.



Serve up

Divide the garlic rice between bowls. Top with the hoisin tofu and veggie stir-fry. Drizzle with the sesame mayo and sprinkle with the crispy shallots. Serve with any remaining lime wedges.

Enjoy!



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