



# Hoisin Tofu & Veggie Stir-Fry

with Garlic Rice & Sesame Mayo



Garlic



Jasmine Rice



Carrot



Green Beans



Asian Greens



Lime



Firm Tofu



Hoisin Sauce



Sesame Oil Blend



Garlic Aioli



Crispy Shallots



Beef Strips

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Bursting with family-friendly Asian flavours, everyone will be happily getting their daily dose of veggies in with this stir-fry.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
lime	½	1
firm tofu	1 packet	2 packets
plain flour*	2 tbs	¼ cup
hoisin sauce	1 packet	2 packets
soy sauce*	1½ tbs	3 tbs
water* (for the sauce)	1 tbs	2 tbs
sesame oil blend	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium 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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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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!



## 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.



## 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.



## 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.

### CUSTOM RECIPE

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.



## 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**.



## 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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