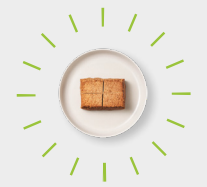




MALAYSIAN TOFU FRIED RICE

with Crispy Shallots & Peanuts



Add Malaysian tofu to fried rice



Basmati Rice



Vegetable Stock



Sweetcorn



Green Beans



Garlic



Carrot



Malaysian Tofu



Lime



Coriander



Long Red Chilli (Optional)



Kecap Manis



Roasted Peanuts



Crispy Shallots

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Spicy (optional long red chilli)

We're giving that easy, comforting classic of fried rice an upgrade with cubes of tofu coated in a peanut satay sauce, plus roasted peanuts and crispy shallots.

Pantry Staples: Olive Oil, Soy Sauce, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large frying pan**



1 PARCOOK THE RICE

In a medium saucepan, bring the **water** and **basmati rice** to the boil over a high heat. Crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Reduce the heat to medium and simmer, stirring occasionally, until the rice is almost tender, **10 minutes**. Drain and set aside.

TIP: The rice will continue cooking in step 4!



2 GET PREPPED

While the rice is cooking, drain the **sweetcorn**. Trim the **green beans** and cut into thirds. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Cut the **Malaysian tofu** into 1cm chunks. Zest the **lime** to get a **generous pinch**, then slice into wedges. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using).



3 COOK THE VEGGIES

Heat a large frying pan over a high heat. Add the **sweetcorn** and **green beans** and cook until lightly browned, **4-5 minutes**.

TIP: Cover the pan with a lid if the kernels are "popping" out! **TIP:** Charring the veggies gives the dish extra flavour.



4 ADD THE RICE & TOFU

Reduce the heat to medium and add the **garlic**, **kecap manis** and **soy sauce** and cook until reduced slightly, **1 minute**. Add the cooked **rice** and cook, stirring, until tender, **2 minutes**. Remove the pan from the heat and stir through the **Malaysian tofu**, grated **carrot** and **roasted peanuts**.



5 ADD THE EGGS

Return the pan to a medium-high heat. Push the **rice** to one side of the pan and add a **drizzle** of **olive oil**. Crack in the **eggs** and cook for **30 seconds**, then scramble with a spoon and stir through the rice. Stir through a **generous squeeze** of **lime juice** and the **lime zest**.



6 SERVE UP

Divide the Malaysian tofu fried rice between bowls. Top with the coriander, chilli (if using) and **crispy shallots**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
vegetable stock	1 cube	2 cubes
sweetcorn	1 tin (125g)	1 tin (300g)
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
carrot	1	2
Malaysian tofu	1 packet	2 packets
lime	1	2
coriander	1 bunch	1 bunch
long red chilli (optional)	1	2
kecap manis	1 sachet (75g)	2 sachets (150g)
soy sauce*	1½ tbs	3 tbs
roasted peanuts	1 packet	2 packets
eggs*	2	4
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3650kJ (871Cal)	694kJ (166Cal)
Protein (g)	37.9g	7.2g
Fat, total (g)	28.2g	5.4g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	112g	21.4g
- sugars (g)	35.1g	6.7g
Sodium (g)	2560mg	488mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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