



# Plant-Based Ginger Lemongrass Tofu

with Garlic Veggies & Sesame Rice

Grab your Meal Kit with this symbol



Garlic



Sesame Seeds



Jasmine Rice



Carrot



Green Beans



Asian Greens



Japanese Tofu



Ginger Lemongrass Paste



Plant-Based Asian Mushroom Sauce



Cornflour



Crushed Peanuts



Japanese Tofu

### Recipe Update

Unfortunately, this week's crispy shallots were in short supply, so we've replaced them with crushed peanuts. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins  
Ready in: 30-40 mins

Plant Based

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

### Pantry items

Olive Oil, Brown Sugar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
sesame seeds	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
Japanese tofu	1 packet	2 packets
ginger	1 packet	2 packets
lemongrass paste plant-based		
Asian mushroom sauce	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	2 tbs	¼ cup
<b>brown sugar*</b>	½ tsp	1 tsp
cornflour	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
Japanese tofu**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3285kJ (785Cal)	630kJ (151Cal)
Protein (g)	26.1g	5g
Fat, total (g)	27.9g	5.3g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	109.6g	21g
- sugars (g)	26g	5g
Sodium (mg)	1671mg	320mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4006kJ (957Cal)	645kJ (154Cal)
Protein (g)	40.7g	6.5g
Fat, total (g)	38.1g	6.1g
- saturated (g)	8g	1.3g
Carbohydrate (g)	114.2g	18.4g
- sugars (g)	28.3g	4.6g
Sodium (mg)	2141mg	344mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## 1 Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, heat a dash of **olive oil** over medium heat. Cook **sesame seeds** and half the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



## 4 Prep the tofu

- Meanwhile, cut **Japanese tofu** into quarters.
- In a small bowl, combine **ginger lemongrass paste**, **plant-based Asian mushroom sauce**, the **water (for the sauce)** and the **brown sugar**.
- In a shallow bowl, combine **tofu**, **cornflour** and a pinch of **salt**.

**Custom Recipe:** If you've doubled your tofu, cut extra Japanese tofu into quarters and combine with cornflour as above.



## 2 Prep the veggies

- Meanwhile, thinly slice **carrot** into half-moons.
- Trim **green beans**.
- Roughly chop **Asian greens**.



## 3 Cook the veggies

- When the rice has **15 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until fragrant and wilted, **1 minute**.
- Transfer to a bowl, season and cover to keep warm.



## 5 Cook the tofu

- Return pan to medium-high heat with a generous drizzle of **olive oil**.
- When the oil is hot, shake off excess **cornflour** and cook **tofu**, tossing, until golden, **3-4 minutes**.
- Stir in **sauce mixture** and toss **tofu** to coat, **1 minute**.

**Custom Recipe:** Cook tofu in batches for the best results, returning all tofu to the pan before adding the sauce mixture.



## 6 Serve up

- Divide sesame rice and garlic veggies between bowls.
- Top with ginger lemongrass tofu. Spoon over any remaining sauce from pan.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)