



# Sticky Tofu & Broccoli-Green Bean Stir-Fry

with Plant-Based Aioli & Crispy Shallots

Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli



Green Beans



Garlic



Japanese Tofu



Plant-Based Asian Mushroom Sauce



Ginger Paste



Plant-Based Aioli



Crispy Shallots



Chicken Breast

Prep in: **20-30 mins**  
Ready in: **35-45 mins**



Plant Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Plant Based



Eat Me Early\*  
\*Custom Recipe only

The best part about this recipe is that you can pack a little bit of each ingredient onto your fork and enjoy all of the flavours in one hit! Start by adding some of our go-to jasmine rice as the foundation, some colourful veggies to follow, then pop on top some plant-based mushroom-glazed tofu to complete the stack. Now all that is left is for you to devour it before we do!

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

### Pantry items

Olive Oil, Plant-Based Butter, 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
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
<b>plant-based butter*</b>	20g	40g
broccoli	½ head	1 head
green beans	1 small bag	1 medium bag
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
plant-based Asian mushroom sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tbs	1 tbs
plant-based aioli	1 medium packet	2 medium packets
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (793Cal)	676kJ (162Cal)
Protein (g)	30.3g	6.2g
Fat, total (g)	40g	8.2g
- saturated (g)	6.7g	1.4g
Carbohydrate (g)	82.5g	16.8g
- sugars (g)	13.8g	2.8g
Sodium (mg)	1623mg	331mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4076kJ (974Cal)	622kJ (149Cal)
Protein (g)	63.5g	9.7g
Fat, total (g)	45.2g	6.9g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	82.5g	12.6g
- sugars (g)	13.8g	2.1g
Sodium (mg)	1711mg	261mg

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.

1



## Cook the rice

- Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce the heat to low.
- Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
- Stir the **plant-based butter** through the rice.

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

4



## Make the sauce

- While the veggies are cooking, in a small bowl, combine **plant-based Asian mushroom sauce**, **ginger paste** and the **brown sugar**. Set aside.

2



## Get prepped

- While the rice is cooking, chop **broccoli** (see **ingredients**), including stalk, into small florets.
- Trim **green beans** and cut into thirds.
- Finely chop **garlic**.
- Cut **Japanese tofu** into 2cm chunks.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.

5



## Cook the tofu

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Add **mushroom sauce mixture** and cook until slightly reduced, **1 minute**.

**Custom Recipe:** Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 2-3 minutes. Add tofu and continue with step as above.

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli** and **green beans**, tossing, until softened, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season to taste. Transfer to a bowl and cover to keep warm

**TIP:** Add a dash of water to help speed up the cooking process.

6



## Serve up

- Divide rice, sticky tofu and garlicky broccoli-green beans between bowls.
- Drizzle with the **plant-based aioli**. Sprinkle over **crispy shallots** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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