



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[^]
[^]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
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
plant-based butter*	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
brown sugar*	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://www.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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