

# Asian Tofu & Asparagus Stir-Fry

with Garlic Rice & Sweet Chilli Mayo

CLIMATE SUPERSTAR

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34



Garlic



Jasmine Rice



Plain Tofu



Asian Greens



Asparagus



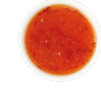
Cornflour



Sweet Soy Seasoning



Teriyaki Sauce



Sweet Chilli Sauce



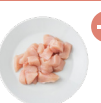
Mayonnaise



Crispy Shallots



Chicken Breast



Diced Chicken

Prep in: 25-35 mins  
Ready in: 35-45 mins

We're stirring and frying these soft little tofu cubes in a lavish dark sauce. Bring out those garlic aromatics by cooking it into the greens and the rice. What tofu stir-fry would be complete without a dollop of a sweet chilli mayo to smother over everything. It's a gold star from us!

### Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>plant-based butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
plain tofu	½ packet	1 packet
Asian greens	1 packet	2 packets
asparagus	1	2
cornflour	½ packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
teriyaki sauce	1 medium packet	2 medium packets
<b>soy sauce*</b>	1 tsp	2 tsp
sweet chilli sauce	1 small packet	½ large packet
mayonnaise	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2779kJ (664Cal)	482kJ (115Cal)
Protein (g)	24.4g	4.2g
Fat, total (g)	34.8g	6g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	59.4g	10.3g
- sugars (g)	19g	3.3g
Sodium (mg)	1535mg	266mg
Dietary Fibre (g)	5.5g	1g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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

2024 | CW49



## 1 Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to pan 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 water is absorbed, **10-15 minutes**.

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



## 4 Cook the tofu

- When rice has **5 minutes** remaining, return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, shake excess **flour** off the **tofu**, then cook, turning occasionally, until golden, **4-5 minutes**.
- Reduce heat to medium. Add **sweet soy seasoning**, **teriyaki sauce**, the **soy sauce** and a splash of **water**, then cook, stirring, until coated, **1 minute**.



## 2 Get prepped

- Meanwhile, cut **plain tofu** (see ingredients) into 2cm chunks.
- Roughly chop **Asian greens**.
- Trim ends of **asparagus**.
- In a medium bowl, add **tofu** and **cornflour** (see ingredients). Gently toss until well coated. Set aside.



## 5 Make the sweet chilli mayo

- Meanwhile, combine **sweet chilli sauce** and **mayonnaise** in a small bowl. Season to taste.



## 3 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian greens** and **asparagus**, tossing, until tender, **4-5 minutes**. Add a dash of **water** to pan to help asparagus cook.
- Add the remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.



## 6 Serve up

- Divide garlic rice between bowls.
- Top with asparagus stir-fry and Asian tofu (plus any remaining sauce from the pan).
- Garnish with **crispy shallots**. Dollop over sweet chilli mayo to serve. Enjoy!

## CUSTOM OPTIONS



### ADD CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.



### ADD DICED CHICKEN

Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

