



Sweet-Soy Tofu Stir Fry

with Garlic Rice & Asian Greens

Grab your meal kit with this number

7



Garlic



Jasmine Rice



Carrot



Asian Greens



Plain Tofu



Sweet Soy Seasoning



Asian Stir-Fry Sauce



Crispy Shallots



Plant-Based Mayo



Chicken Breast



Beef Strips

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

Calorie Smart

Plant Based

You'll be off to visit your happy place when you get a taste of this dish. Sweet with a touch of salt, that's how we're cooking up our tofu tonight, with a deliciously decadent stir-fry sauce and a buttery garlic rice with veggies to finish it off, we wish you safe travels to bliss.

Pantry items

Olive Oil, Plant-Based Butter, Vinegar (White Wine or Rice Wine)

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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
Asian greens	1 packet	2 packets
plain tofu	½ packet	1 packet
vinegar* (white wine or rice wine)	drizzle	drizzle
sweet soy seasoning	1 sachet	2 sachets
Asian stir-fry sauce	1 medium packet	2 medium packets
crispy shallots	1 medium sachet	1 large sachet
plant-based mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2260kJ (540Cal)	515kJ (123Cal)
Protein (g)	16g	3.6g
Fat, total (g)	29.1g	6.6g
- saturated (g)	9.3g	2.1g
Carbohydrate (g)	53.3g	12.1g
- sugars (g)	18.5g	4.2g
Sodium (mg)	703mg	160mg
Dietary Fibre (g)	5.3g	1.2g

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://www.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 | CW51



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, melt **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** 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!



Cook the tofu

- Return pan to medium-high heat with a drizzle of **olive oil**. When oil is hot cook **tofu**, tossing occasionally, until browned and warmed through, **4-5 minutes**.



Get prepped

- Meanwhile, thinly slice **carrot** into sticks.
- Roughly chop **Asian greens**.
- Pat dry **plain tofu** (see ingredients) and cut into 2cm chunks.



Make it saucy

- Remove pan from heat, add **sweet soy seasoning**, **Asian stir-fry sauce** and a splash of **water**. Gently toss until combined.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** until tender, **3-4 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until just wilted, **1-2 minutes**. Season to taste.
- Transfer to a bowl, drizzle with the **vinegar** and cover to keep warm.

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



Serve up

- Divide garlic rice between bowls. Top with veggies and sweet-soy tofu.
- Spoon over any remaining plum sauce from pan.
- Garnish with **crispy shallots** and serve with **plant-based mayo**. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

