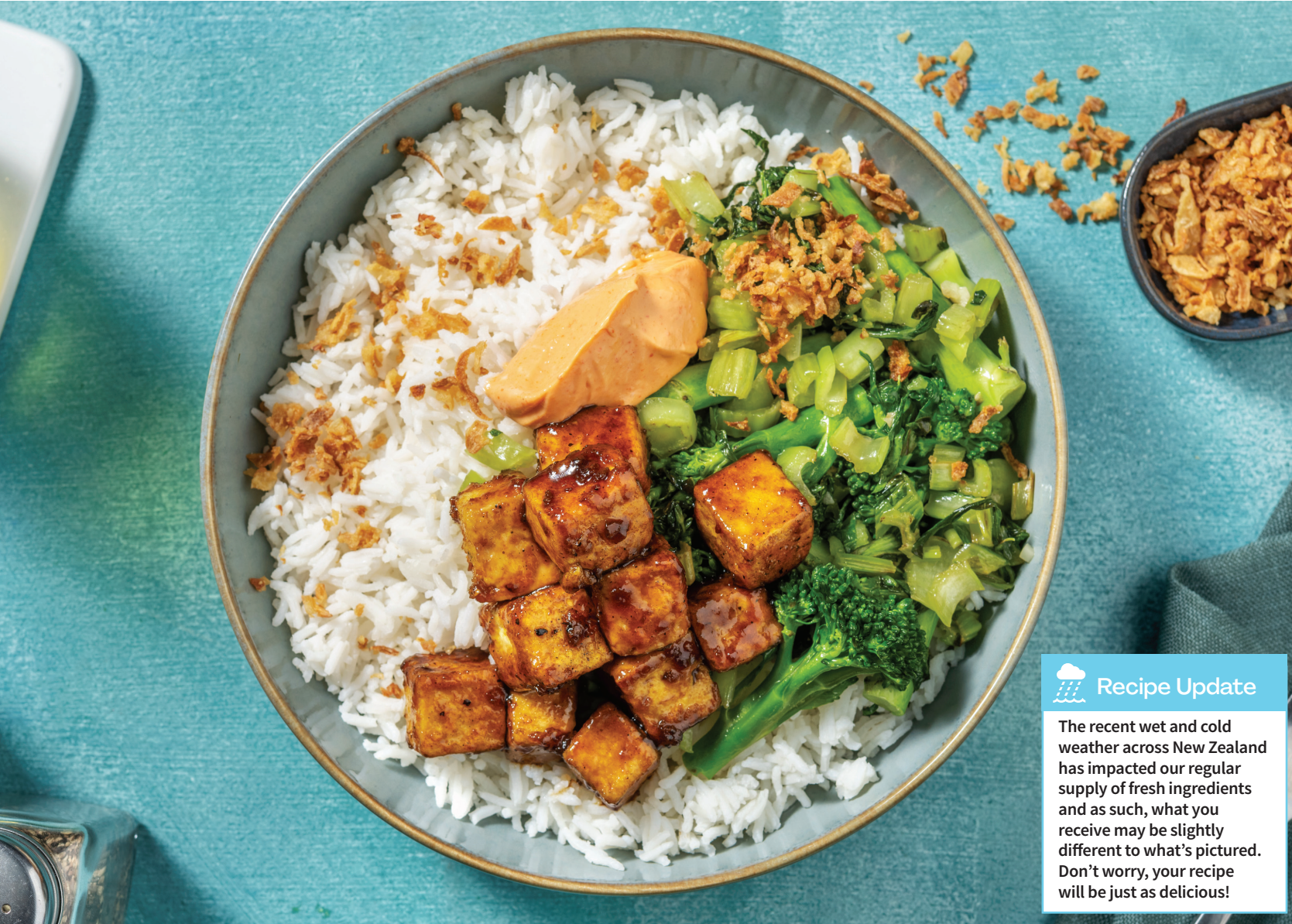


Asian Stir-Fried Tofu & Garlic Rice

with Veggies & Sriracha Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Asian Greens



Courgette



Curry Powder



Cornflour



Asian Stir Fry Sauce



Sriracha



Garlic Aioli



Crispy Shallots



Firm Tofu

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 sriracha aioli to smother over everything. It's a gold star from us!

Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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 packet	1 packet
firm tofu	½ packet	1 packet
Asian greens	1 bag	2 bags
courgette	1	2
curry powder	1 sachet	2 sachets
cornflour	½ packet	1 packet
Asian stir-fry sauce	1 bunch	1 bunch
soy sauce*	1 tsp	2 tsp
sriracha	1 packet (20g)	1 packet (40g)
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3275kJ (783Cal)	778kJ (186Cal)
Protein (g)	19.6g	4.7g
Fat, total (g)	35.2g	8.4g
- saturated (g)	10g	2.4g
Carbohydrate (g)	93.4g	22.2g
- sugars (g)	16.5g	3.9g
Sodium (mg)	1250mg	297mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the 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 drizzle of **olive oil**.
- Dust off any excess **cornflour** from **tofu** and cook, tossing occasionally, until browned and warmed through, **3-5 minutes**.
- Reduce heat to medium, then add **Asian stir-fry sauce** and the **soy sauce** and cook, stirring, until coated, **1 minute**.

2



Get prepped

- Meanwhile, pat **firm tofu** (see ingredients) dry with paper towel, then cut into 2cm cubes.
- Roughly chop **Asian greens**. Thinly slice **courgette** into half-moons.
- In a medium bowl, add **tofu**, **curry powder** and **cornflour** (see ingredients). Season with **salt** and **pepper**, then gently toss until well coated. Set aside.

5



Make the sriracha aioli

- Meanwhile, combine **sriracha** and **garlic aioli** 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 **courgette** until tender, **4-5 minutes**.
- 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 veggies and Asian stir-fried tofu (plus any remaining sauce from the pan).
- Garnish with **crispy shallots**. Dollop over sriracha aioli to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW44



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