



BLACK PEPPER TOFU & SNOW PEA STIR-FRY

with Garlic Rice



Coat tofu in flour for a crispy texture



Garlic



Jasmine Rice



Red Onion



Carrot



Snow Peas



Long Green Chilli
(Optional)



Spring Onion



Coriander



Firm Tofu



Ginger



Black Peppercorns



Kecap Manis

Hands-on: **25 mins**
Ready in: **30 mins**
Spicy (optional long green chilli)

You're going to get a kick out of this one. We've got a colourful team of snow peas, carrot and red onion bound together in a kecap manis coating peppered with... you guessed it, black pepper! You'll give the peppercorns a pummel to release their flavour, then stir them into the tofu-veggie mix to make a stir-fry that'll knock your socks off.

Pantry Staples: Olive Oil, Butter, Plain Flour, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **large frying pan**



1 MAKE THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2** the garlic and cook until fragrant, **1 minute**. Add the **jasmine rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has been absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, thinly slice the **red onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **snow peas**. Thinly slice the **long green chilli** (if using). Cut the **spring onion** into 2cm lengths. Roughly chop the **coriander**. Cut the **firm tofu (see ingredients list)** into 1cm cubes. Finely grate the **ginger**. Bash the **black peppercorns** with a rolling pin or in a pestle and mortar until crushed.



3 FRY THE TOFU

Heat a large frying pan over a medium-high heat and add enough oil to coat the base of the pan. Place the **plain flour** in a shallow bowl. Toss the **tofu** in the flour, then shake off any excess flour and add to the hot oil. Cook, tossing, until golden and crispy, **3-4 minutes**. Transfer to a plate lined with paper towel.



4 COOK THE VEGGIES

SPICY! *Crushed black pepper is very hot, add less if you're sensitive to heat.* Wipe out the pan, then return to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook, tossing, until tender, **5 minutes**. Add the **snow peas** and cook, tossing, until tender, **2 minutes**. Add the **chilli** (if using), **ginger**, **remaining garlic** and the crushed **black peppercorns** and cook until fragrant, **1-2 minutes**. Add the **kecap manis** and **soy sauce** and stir to combine.



5 ADD THE TOFU

Add the **tofu** and **spring onion** to the frying pan and stir to coat in the sauce. Remove the pan from the heat.



6 SERVE UP

Divide the garlic rice between bowls and top with the black pepper tofu and veggies. Sprinkle with the coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20 g	40 g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
red onion	1	2
carrot	1	2
snow peas	1 bag (100 g)	1 bag (200 g)
long green chilli (optional)	1	2
spring onion	1 bunch	1 bunch
coriander	1 bunch	1 bunch
firm tofu	½ block (150g)	1 block (300 g)
ginger	1 knob	2 knobs
black peppercorns	1 sachet	2 sachets
plain flour*	1½ tbs	¼ cup
kecap manis	1 sachet (75 g)	2 sachets (150 g)
soy sauce*	4 tsp	2½ tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2860kJ (683Cal)	590kJ (141Cal)
Protein (g)	23.0g	4.8g
Fat, total (g)	14.3g	3.0g
- saturated (g)	6.4g	1.3g
Carbohydrate (g)	111g	22.9g
- sugars (g)	30.9g	6.4g
Sodium (g)	1330mg	275mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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