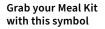
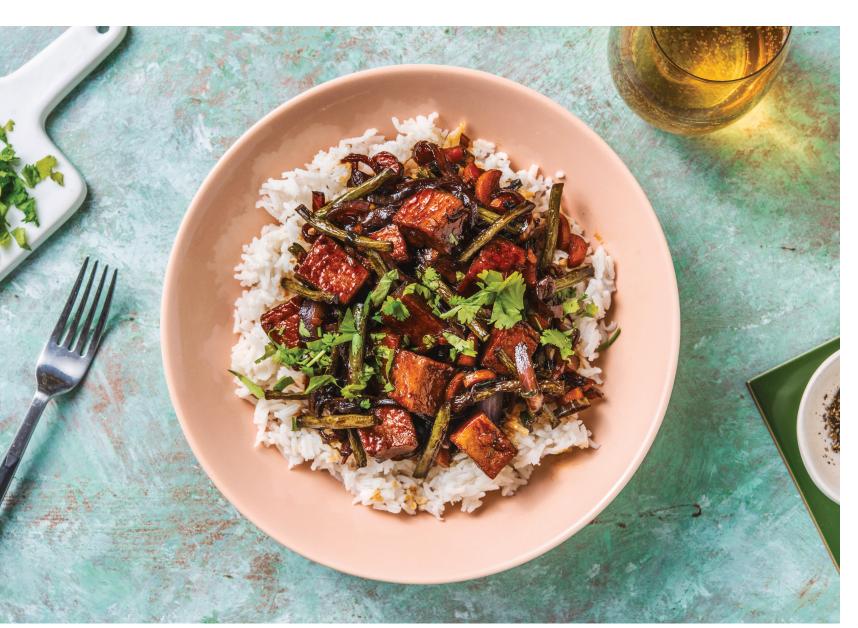


Black Pepper & Soy-Glazed Tofu with Garlic Rice & Veggies

















Broccolini







Long Green Chilli



Spring Onion

(Optional)



Firm Tofu



Black Peppercorns



Kecap Manis



Coriander

Hands-on: 25-35 mins Ready in: 30-40 mins

Spicy (optional long green chilli)

You're going to get a kick out of this one. We've got a colourful team of broccolini, 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 items

Olive Oil, Butter, Plain Flour, 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

mig. Caron		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
salt*	1/4 tsp	½ tsp
red onion	1 (medium)	1 (large)
broccolini	1 bunch	1 bunch
carrot	1	2
ginger	1 knob	2 knobs
long green chilli (optional)	1/2	1
spring onion	2 stems	4 stems
firm tofu	½ block	1 block
black peppercorns	1 sachet	1 sachet
plain flour*	2 tbs	¼ cup
kecap manis	1 sachet (75g)	2 sachets (150g)
soy sauce*	1 tbs	2 tbs
coriander	1 bunch	1 bunch

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2800kJ (670Cal)	671kJ (160Cal)
22.0g	5.3g
15.1g	3.6g
6.6g	1.6g
106g	25.3g
28.7g	6.9g
1360mg	325mg
	2800kJ (670Cal) 22.0g 15.1g 6.6g 106g 28.7g

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.



Cook the garlic rice

Finely chop the **garlic**. 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** and the **salt**, stir, then 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 is absorbed, **10-15 minutes**.

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



Get prepped

While the rice is cooking, thinly slice the **red onion**. Trim and halve the **broccolini**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely grate the **ginger**. Thinly slice the **long green chilli** (if using). Thinly slice the **spring onion**. Cut the **firm tofu** (see ingredients) into 1cm cubes. Crush the **black peppercorns** in a pestle and mortar or in their sachet using a rolling pin.



Cook the tofu

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. Toss the **tofu** in the **plain flour**, then shake off any excess **flour** and add to the pan. Cook the **tofu**, tossing, until golden, **4-5 minutes**. Transfer to a plate lined with paper towel.



Cook the veggies

Wipe out the frying pan, then return to a mediumhigh heat with a drizzle of olive oil. Add the broccolini, carrot and onion and cook, tossing, until tender, 4-5 minutes. Add the ginger, chilli (if using), remaining garlic and the crushed peppercorns and cook until fragrant, 1-2 minutes. Add the kecap manis and soy sauce and stir to combine.



Bring it all together

Return the **tofu** to the frying pan along with the **spring onion** and stir to coat in the sauce. Remove the pan from the heat. Roughly chop the **coriander**.



Serve up

Divide the garlic rice between bowls and top with the black pepper and soy-glazed tofu and veggies. Garnish with the coriander.

Enjoy!