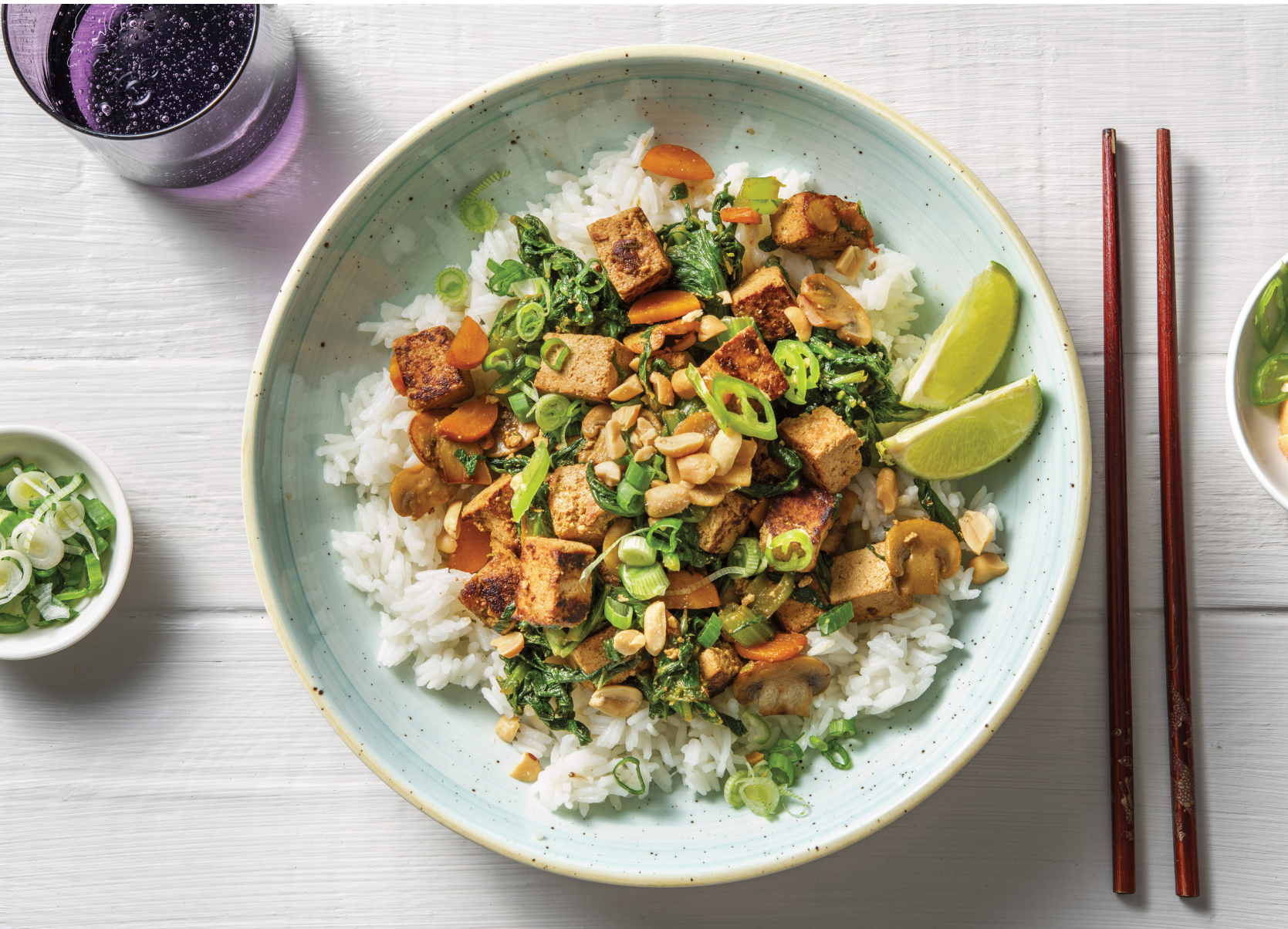




Peking Tofu & Mushroom Stir-Fry

with Garlic-Ginger Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Ginger



Jasmine Rice



Button Mushrooms



Carrot



Asian Greens



Spring Onion



Lime



Long Green Chilli (Optional)



Peking Marinated Tofu



Southeast Asian Spice Blend



Crushed Peanuts

Hands-on: **15-25** mins
 Ready in: **25-35** mins
 Spicy (optional long green chilli)

Behind every great stir-fry, there's got to be a great sauce! This one has Peking-style marinade, lime zest and soy sauce – it's a knockout. Toss it through tofu and a medley of veggies for a fast and easy weeknight winner.

Pantry items

Olive Oil, 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	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
button mushrooms	1 packet (150g)	1 packet (250g)
carrot	1	2
Asian greens	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
lime	½	1
long green chilli (optional)	½	1
Peking marinated tofu	1 packet	2 packets
Southeast Asian spice blend	1 sachet	2 sachets
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	4 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3280kJ (782Cal)	629kJ (150Cal)
Protein (g)	34.2g	6.6g
Fat, total (g)	30.9g	5.9g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	88.8g	17.0g
- sugars (g)	19.1g	3.7g
Sodium (mg)	1780mg	343mg

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. Cook the garlic-ginger rice

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, melt the **butter** and a **dash of olive oil** over a medium heat. Add the **garlic** and **ginger** and cook until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** to the pan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the 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!



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the sliced **mushrooms** and **carrot** and cook until softened, **6-7 minutes**. Add the **Asian greens** and cook until wilted, **1 minute**. Add the **Southeast Asian spice blend** and cook, stirring, until fragrant, **1 minute**. While the veggies are cooking, combine the **soy sauce**, **water (for the sauce)**, **lime zest** and **reserved Peking marinade** in a small bowl.



2. Get prepped

Thinly slice the **button mushrooms**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Zest the **lime (see ingredients list)**, then slice into wedges. Thinly slice the **long green chilli (see ingredients list)**, if using. Reserve the marinade from the **Peking marinated tofu**, then cut the **tofu** into 1cm cubes.



3. Cook the tofu

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **tofu** and cook, tossing, until browned and warmed through, **3-4 minutes**. Transfer to a plate.



5. Bring it all together

Add the **Peking marinade mixture** to the frying pan along with the **tofu** and a **generous squeeze of lime juice**. Toss to coat and cook until slightly thickened, **1-2 minutes**.



6. Serve up

Divide the garlic-ginger rice between bowls and top with the Peking tofu and mushroom stir-fry. Garnish with the **crushed peanuts**, chilli (if using) and spring onion. Serve with any remaining lime wedges.

Enjoy!