



# Plum-Glazed Tofu Stir-Fry with Rice & Peanuts

FRESH & FAST

Box to plate: 15 mins

CLIMATE SUPERSTAR

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2483kJ (593Cal) | Protein 31.1g | Fat, total 21.1g - saturated 4.7g | Carbohydrate 64.1g - sugars 23.6g | Sodium 859mg  
Calorie Smart | The quantities provided above are averages only.

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2023 | WK02 | X



# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
<b>Firm Tofu</b>	<b>1 pkt</b>	<b>2 pkts</b>
<b>Asian Stir Fry Mix</b>	<b>1 bag (300g)</b>	<b>1 bag (600g)</b>

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Chop



Baby Broccoli



Firm Tofu

## 2. Fry



Sweet Soy Seasoning



Asian Stir Fry Mix



Plum Sauce

## 3. Zap



Microwavable Basmati Rice



Coriander



Crushed Peanuts

- Chop **baby broccoli** into thirds
- Drain **tofu** and cut into 2cm chunks

- Heat **olive oil** in a frying pan over high heat
- Cook **baby broccoli, tofu** and **sweet soy seasoning** until tender, **4-5 mins**
- Add **Asian stir-fry mix** and cook until wilted, **1-2 mins**
- Remove the pan from heat and add **plum sauce**

- Meanwhile, zap **rice** in microwave until steaming, **2-3 mins**
- Plate up **rice** and top with **tofu stir-fry**
- Top with torn **coriander** and **peanuts**



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