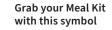
# Hoisin Tofu & Veggie Stir-Fry with Garlic Rice & Crispy Shallots













Makrut Lime



Leaves





Green Beans









Crispy Shallots

**Pantry items** 

Olive Oil, Butter, Soy Sauce, Brown Sugar

#### 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	4 cloves	8 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	1/4 tsp	½ tsp
jasmine rice	1 packet	1 packet
makrut lime leaves	2 leaves	4 leaves
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 packet	1 packet
lime	1/2	1
Peking marinated tofu	1 packet	2 packets
hoisin sauce	1 packet (75g)	2 packets (150g)
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	2 tbs	1/4 cup
crispy shallots	1 packet	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	<b>594kJ</b> (141Cal)
Protein (g)	30.4g	5g
Fat, total (g)	29.6g	4.9g
- saturated (g)	9.2g	1.5g
Carbohydrate (g)	112.9g	18.7g
- sugars (g)	31g	5.1g
Sodium (mg)	1954mg	324mg

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.



# Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** (**for the rice**) and the **salt** 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 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!



## Get prepped

While the rice is cooking, remove the centre veins from the **makrut lime leaves**, then very finely chop. Thinly slice the **carrot** into half-moons. Trim the **green beans** and cut into thirds. Roughly chop the **Asian greens**. Zest the **lime** to get a pinch, then slice into wedges. Drain and cut the **Peking marinated tofu** into 2cm chunks. In a small bowl, combine the **hoisin sauce**, **lime zest**, **makrut lime**, **soy sauce**, **brown sugar** and **water (for the sauce)**. Set aside.

**TIP:** Makrut lime leaves have a fibrous texture, so you want to cut them very thinly!



# Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **green beans**, tossing, until softened, **3-4 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **Asian greens** and a dash of **water**. Cook until just wilted, **1-2 minutes**. Transfer to a bowl.



# Cook the tofu

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **tofu**, tossing occasionally, until browned and warmed through, **4-5 minutes**.



# Bring it all together

Add the **veggies** to the **tofu** and toss to combine. Add the **hoisin sauce mixture** and cook, tossing, until heated through, **1 minute**.



## Serve up

Divide the garlic rice between bowls and top with the hoisin tofu and veggie stir-fry. Garnish with the **crispy shallots**. Serve with any remaining lime wedges.

# Enjoy!