



Hoisin Tofu & Veggie Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Makrut Lime Leaves



Carrot



Green Beans



Asian Greens



Lime



Peking Marinated Tofu



Hoisin Sauce



Crispy Shallots

Hands-on: 25-35 mins
Ready in: 35-45 mins

Behind every great stir-fry, there's got to be a great sauce! This one has hoisin, brown sugar, 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, 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*	¼ 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	½	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	¼ cup
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	594kJ (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!



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**.



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!



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**.



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.



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!