

# Black Pepper & Soy-Glazed Tofu

with Garlic Rice & Veggies

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Broccolini



Carrot



Ginger



Long Green Chilli (Optional)



Spring Onion



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.

*Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!*

### 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

	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*	¼ 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)	½	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
Energy (kJ)	2800kJ (670Cal)	671kJ (160Cal)
Protein (g)	22.0g	5.3g
Fat, total (g)	15.1g	3.6g
- saturated (g)	6.6g	1.6g
Carbohydrate (g)	106g	25.3g
- sugars (g)	28.7g	6.9g
Sodium (g)	1360mg	325mg

## 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.



### 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!



### Cook the veggies

Wipe out the frying pan, then return to a medium-high 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.



### 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.



### 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**.



### 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.



### 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!