



Coconut & Ginger Tofu

with Veggies & Sesame Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Snowpeas



Garlic



Malaysian Tofu



Sesame Seeds



Ginger Paste



Coconut Milk



Long Red Chilli (Optional)

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**

Plant based

Tender tofu is one of our favourite ingredients for soaking up bold Thai flavours. In this plant-based dish, the peanutty Malaysian tofu works a treat with the creamy, zingy sauce and vibrant veggies.

Pantry items

Olive Oil, Rice Wine Vinegar, 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
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
snow peas	1 small bag	1 medium bag
garlic	1 clove	2 cloves
Malaysian tofu	1 packet	2 packets
sesame seeds	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin
rice wine vinegar*	¼ tsp	½ tsp
soy sauce*	½ tbs	1 tbs
brown sugar*	½ tbs	1 tbs
long red chilli (optional)	1	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3191kJ (762Cal)	738kJ (176Cal)
Protein (g)	25.1g	5.8g
Fat, total (g)	34.3g	7.9g
- saturated (g)	15.5g	3.6g
Carbohydrate (g)	85.5g	19.8g
- sugars (g)	15.4g	3.6g
Sodium (mg)	653mg	151mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

In a medium saucepan, add the **water** 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. 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, thinly slice the **carrot** into half-moons. Trim the **snow peas** and cut into small pieces. Finely chop the **garlic**. Cut the **Malaysian tofu** into 1cm cubes. Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** with a splash of **water** until softened, **3-4 minutes**. Add the **snow peas** and cook until just tender, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Cook the tofu

Return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, cook the **tofu**, turning occasionally, until browned all over, **4-5 minutes**. Transfer to a plate.



Make the coconut sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **ginger paste** and **garlic**, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **rice wine vinegar**, **soy sauce**, **brown sugar** and a splash of **water**. Simmer until slightly thickened, **2-3 minutes**. Return the **tofu** to the pan, tossing to coat. Remove the pan from the heat.



Serve up

Thinly slice the **long red chilli** (if using). Stir the toasted sesame seeds through the rice, then season to taste. Divide the sesame rice between bowls. Top with the veggies and coconut and ginger tofu, spooning over the sauce. Sprinkle with the chilli to serve.

Enjoy!

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