



Coconut & Ginger Tofu

with Sesame Rice



Jasmine Rice



Carrot



Snow Peas



Garlic



Sesame Seeds



Fried Bean Curd



Ginger Paste



Coconut Milk



Long Red Chilli (Optional)



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



Plant based



Spicy (optional long red chilli)

One of our favourite ingredients for soaking up bold Thai flavours is puffed tofu. Also known as fried bean curd, it works a treat with the creamy, zingy sauce and vibrant veggies in this plant-based dish.

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ 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
sesame seeds	1 medium packet	1 large packet
fried bean curd	1 packet	2 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)	3126kJ (747Cal)	723kJ (172Cal)
Protein (g)	29.5g	6.8g
Fat, total (g)	31.2g	7.2g
- saturated (g)	14.8g	3.4g
Carbohydrate (g)	77.6g	18g
- sugars (g)	10.1g	2.3g
Sodium (mg)	344mg	80mg

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 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, thinly slice the **carrot** into half-moons. Trim the **snow peas** and cut into small pieces. Finely chop the **garlic**.



Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and a splash of **water** and cook 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 fried bean curd

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **fried bean curd**, tossing, until browned, **3-4 minutes**. Transfer to a plate.



Make the sauce

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



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. Serve sprinkled with the chilli.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

