



GINGER-GARLIC TOFU STIR-FRY

with Crushed Peanuts



Make a tofu stir-fry using aromatic ginger and garlic



Jasmine Rice



Carrot



Red Capsicum



Broccoli



Long Red Chilli (Optional)



Coriander



Spicy Tofu



Ginger



Garlic



Hoisin Sauce



Lime



Roasted Peanuts

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

Spicy (optional long red chilli)

This fast stir-fry uses a heaping of bright veggies and clever ingredients to come together into a dinner winner. Our marinated tofu is an easy way to ensure a tasty result, while the combination of hoisin, ginger and garlic bring fragrance and flavour to the meal.

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **large frying pan**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** 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!*



2 PREP THE VEG & TOFU

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Cut the **red capsicum** into 2cm chunks. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. Cut the **spicy tofu** into 2cm squares. Finely grate the **ginger** and **garlic**.



3 MAKE THE SAUCE

Cut the **lime** into wedges. In a small bowl, combine the **hoisin sauce**, **soy sauce**, **water (for the sauce)** and a **good squeeze** of lime juice. Set aside.



4 COOK THE VEGGIES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **carrot**, **capsicum** and **broccoli** and cook, tossing, until just tender, **6-7 minutes**. Add the **ginger** and **garlic** and cook, stirring, until fragrant, **1-2 minutes**. Transfer to a plate. **TIP:** *Add a splash of water to speed up the cooking time.*



5 COOK THE TOFU

Return the frying pan to a medium-high heat with a **drizzle** more **olive oil**. Add the **tofu** and cook, tossing, until browned, **3-4 minutes**. Return the **veggies** to the pan, along with the **hoisin sauce mixture**. Toss until well combined, then remove from the heat. Stir **1/2** the **long red chilli** (if using) through the stir-fry.



6 SERVE UP

Divide the jasmine rice and ginger garlic tofu stir-fry between plates. Top with the remaining chilli (if using), coriander and **roasted peanuts**. Serve with the remaining lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
carrot	1	2
red capsicum	1	2
broccoli	1 head	2 heads
long red chilli (optional)	1	2
coriander	1 bag	1 bag
spicy tofu	1 packet	2 packets
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
lime	1	2
hoisin sauce	1 sachet (75 g)	2 sachets (150 g)
soy sauce*	2 tsp	1 tbs
water* (for the sauce)	2 tbs	½ cup
roasted peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (708Cal)	544kJ (130Cal)
Protein (g)	37.0g	6.8g
Fat, total (g)	18.7g	3.4g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	92.2g	16.9g
- sugars (g)	23.1g	4.3g
Sodium (g)	1260mg	231mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK19