



PEKING-STYLE TOFU & GINGER-SOY VEGGIES

with Garlic Rice & Roasted Peanuts



Make toasted sesame Peking-style tofu!



Garlic



Jasmine Rice



Carrot



Spring Onion



Snow Peas



Ginger



Roasted Peanuts



Peking Marinated Tofu



Sweet Chilli Sauce



Sesame Oil Blend



Mixed Sesame Seeds

Hands-on: 20 mins
Ready in: 30 mins

Behind every great stir-fry, there's got to be a great sauce! This one has sweet chilli, fresh ginger, garlic and soy sauce, and it's a knockout. Toss it through tofu and a medley of veggies for a fast and easy weeknight winner.

Pantry Staples: Olive Oil, Butter, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** to the pan 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!



4 COOK THE TOFU

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook, tossing occasionally, until browned and warmed through, **4-5 minutes**. Transfer to a plate.



2 GET PREPPED

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Cut the **spring onion** into 3cm pieces. Trim the **snow peas**. Finely grate the **ginger**. Gently crush the **roasted peanuts** (still in their packet) with a rolling pin or the bottom of a saucepan, or roughly chop them if you prefer. Drain the **Peking marinated tofu** sauce in a small bowl and set aside. Cut the **tofu** into 2cm cubes.



5 STIR-FRY THE VEGGIES

Wipe out the frying pan and return to a medium-high with the **remaining sesame oil** blend and a **drizzle** of **olive oil**. When the oil is hot, add the **carrot** and **spring onion** and cook until just softened, **1-2 minutes**. Add the **snow peas** and the **ginger-soy mixture** and cook until tender, **2-3 minutes**. Remove from the heat, add the **tofu** and stir to coat.



3 MAKE THE GINGER-SOY SAUCE

To the bowl with the **tofu sauce**, combine the **remaining garlic, ginger, soy sauce, sweet chilli sauce, water (for the sauce)** and **1/2** the **sesame oil blend**. Heat a medium frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a second small bowl.



6 SERVE UP

Divide the garlic rice between bowls and top with the ginger-soy tofu and veggies. Sprinkle with the crushed peanuts and toasted sesame seeds.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	15g	30g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
carrot	1	2
spring onion	1 bunch	1 bunch
snow peas	1 bag (100g)	2 bags (200g)
ginger	1 knob	2 knobs
roasted peanuts	1 packet	2 packets
Peking marinated tofu	1 block	2 blocks
soy sauce*	4 tsp	2½ tbs
sweet chilli sauce	1 packet (50g)	1 packet (100g)
water* (for the sauce)	2 tsp	4 tsp
sesame oil blend	1 packet (15g)	2 packets (30g)
mixed sesame seeds	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3040kJ (726Cal)	794kJ (190Cal)
Protein (g)	29.9g	7.8g
Fat, total (g)	26.3g	6.9g
- saturated (g)	6.9g	1.8g
Carbohydrate (g)	91.0g	23.7g
- sugars (g)	21.6g	5.6g
Sodium (g)	1970mg	514mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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