



Sesame Chinese Tofu

with Ginger-Soy Veggies & Garlic Rice

Grab your Meal Kit
with this symbol



Hands-on: 20-30 mins
Ready in: 30-40 mins

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

*Unfortunately, this week's zucchini was in short supply, so we've replaced it with Asian greens.
Don't worry, the recipe will be just as delicious!*

	Garlic		Jasmine Rice
	Carrot		Brown Onion
	Asian Greens		Snow Peas
	Ginger		Chinese Tofu
	Sweet Chilli Sauce		Sesame Oil Blend
	Mixed Sesame Seeds		Crushed Peanuts

Pantry items

Olive Oil, Butter, 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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	15g	30g
water* (for the rice)	1 1/4 cups	2 1/2 cups
salt*	1/4 tsp	1/2 tsp
jasmine rice	1 packet	2 packets
carrot	1	2
brown onion	1/2	1
Asian greens	1	2
snow peas	1 bag (100g)	1 bag (200g)
ginger	1 knob	2 knobs
Chinese tofu	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
sweet chilli sauce	1 tub (50g)	1 tub (100g)
water* (for the sauce)	2 tsp	1 tbs
sesame oil blend	1 tub	2 tubs
mixed sesame seeds	1 sachet	2 sachets
crushed peanuts	1 sachet	2 sachets

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3450kJ (823Cal)	635kJ (152Cal)
Protein (g)	31.6g	5.8g
Fat, total (g)	33.8g	6.2g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	95.4g	17.6g
- sugars (g)	25.2g	4.7g
Sodium (g)	1500mg	277mg

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.



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** and bring to the boil. Add the **jasmine rice**, stir, then 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. Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **brown onion**. Thinly slice the **Asian greens**. Trim the **snow peas**. Finely grate the **ginger**. Quarter each piece of **Chinese tofu**.



3. Make the ginger-soy sauce

In a small bowl, combine the **ginger**, **soy sauce**, **sweet chilli sauce**, **water (for the sauce)**, **remaining garlic**, 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 separate small bowl.



4. Cook the tofu

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



5. Stir-fry the veggies

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



6. Serve up

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

Enjoy!