



Sweet Chilli Tofu & Veggie Stir-Fry

with Makrut Lime & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Sugar Snap Peas



Carrot



Capsicum



Makrut Lime Leaves



Ginger



Lime



Chinese Tofu



Sweet Chilli Sauce



Sesame Oil Blend



Crushed Peanuts

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

If you're a long-time lover of the signature mix of sweet, zesty, and salty, then you're going to love this simple stir-fry. With lightly marinated tofu teamed with seasonal veggies, this meal is bursting with colour and flavour.

Unfortunately, this week's crispy shallots were in short supply, so we've replaced it with crushed peanuts. Don't worry, the recipe will be just as delicious!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	1 tbs	2 tbs
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
sugar snap peas	1 bag (100g)	1 bag (200g)
carrot	1	2
capsicum	1	2
makrut lime leaves	2 leaves	4 leaves
ginger	1 knob	2 knobs
lime	½	1
Chinese tofu	1 block	2 blocks
sweet chilli sauce	1 packet (50g)	1 packet (100g)
sesame oil blend	1 tub	2 tubs
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3361kJ (803Cal)	613kJ (146Cal)
Protein (g)	27g	4.9g
Fat, total (g)	33.6g	6.1g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	93g	17g
- sugars (g)	27g	4.9g
Sodium (mg)	1431mg	261mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the veggies

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, add the **carrot** and **capsicum** and cook, stirring occasionally, until lightly charred, **4 minutes**. Add the **sugar snap peas** and cook until just tender, **1-2 minutes**. While the veggies are cooking, in a small bowl, combine the **makrut lime leaves**, **ginger**, a generous squeeze of **lime juice**, the **lime zest**, **sweet chilli sauce**, **sesame oil**, **soy sauce** and **water (for the sauce)**.

TIP: Add a splash of water to speed up the cooking.



Get prepped

While the garlic rice is cooking, trim the **sugar snap peas**. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum**. De-stem the **makrut lime leaves** and very finely slice. Grate the **ginger** (unpeeled). Zest the **lime** to get a generous pinch, then slice into wedges.

TIP: Makrut lime leaves have a fibrous texture, so you want to cut them very finely!



Bring it together

Reduce the heat to medium and return the **tofu** to the pan with the **veggies**. Add the **sweet chilli sauce** mixture and cook, stirring, until the veggies and tofu are well coated and fragrant, **1-2 minutes**.



Cook the tofu

Quarter each piece of **Chinese tofu**. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **tofu** pieces and cook, tossing occasionally, until browned and warmed through, **4 minutes**. Transfer to a plate.



Serve up

Divide the garlic rice between bowls. Top with the sweet chilli tofu and veggie stir-fry. Garnish with the **crushed peanuts** and serve with any remaining lime wedges.

Enjoy!