



# THAI CRUMBLED TOFU & GREEN BEAN STIR-FRY

with Crispy Shallots



Crumble tofu into a stir-fry!



Garlic



Jasmine Rice



Red Onion



Green Beans



Carrot



Coriander



Mint



Ginger



Firm Tofu



Lime



Thai Red Curry Paste



Crispy Shallots

Hands-on: **30 mins**  
Ready in: **35 mins**  
Spicy (Thai red curry paste)

Want to know a cheat's trick to class up an easy dinner? Jazz up the rice with garlic sauteed in butter – it adds a mellow depth of flavour that quietly offsets the other ingredients. Take it a step further with Thai red curry paste and crispy shallots to highlight the tasty crumbled tofu.

**Pantry Staples:** Olive Oil, Butter, Soy Sauce, Brown Sugar

## 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** • **large frying pan** or **wok**



### 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2** the garlic and cook until fragrant, **1 minute**. 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 **11-12 minutes**, then remove from the heat and keep covered until the rice is tender and 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 **red onion**. Trim the **green beans** and slice into thirds. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **coriander**. Pick and roughly chop the **mint** leaves. Finely grate the **ginger**. Use your hands to coarsely crumble the **firm tofu** into a medium bowl.



### 3 MAKE THE SAUCE

In a small bowl, combine the **soy sauce**, **brown sugar**, **water (for the sauce)** and a **good squeeze of lime (see ingredients list)**. Slice the remaining lime into wedges.



### 4 START THE STIR-FRY

In a large frying pan or wok, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **onion**, **ginger** and **remaining garlic**. Stir-fry until fragrant, **2-3 minutes**. Add the crumbled **tofu** and cook, stirring, until softened, **3-4 minutes**. Add the **Thai red curry paste (see ingredients list)** and cook until fragrant, **1 minute**.



### 5 ADD THE BEANS AND SAUCE

Add the **green beans**, **carrot** and **soy sauce** mixture to the frying pan and cook until the vegetables are just tender, **6-7 minutes**. Remove from the heat and stir through **1/2** the **coriander** and **1/2** the **mint**.



### 6 SERVE UP

Divide the garlic rice between plates and top with the Thai tofu and green bean stir-fry. Sprinkle with the **crispy shallots** and remaining coriander and mint. Serve with the lime wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20 g	40 g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
red onion	1	2
green beans	1 bag (200 g)	1 bag (400 g)
carrot	1	2
coriander	1 bunch	1 bunch
mint	1 bunch	1 bunch
ginger	1 knob	2 knobs
firm tofu	½ packet	1 packet
soy sauce*	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	¼ cup	½ cup
lime	½	1
Thai red curry paste	½ tin (47.5 g)	1 tin (95 g)
crispy shallots	1 sachet	2 sachets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (645Cal)	510kJ (122Cal)
Protein (g)	22.9g	4.3g
Fat, total (g)	18.9g	3.6g
- saturated (g)	8.2g	1.5g
Carbohydrate (g)	90.7g	17.1g
- sugars (g)	18.8g	3.6g
Sodium (g)	1520mg	287mg

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

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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