



Everything
But The Chef

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Ginger Mushroom & Tofu Stir Fry

Our favourite way to enjoy vegetables (and we hope it's yours too) is in a stir-fry. Simply chop, add sauce, fry and serve over rice. Yum! This stir-fry is deliciously sweet, sticky and gingery; you'll really have to try your best not to eat all the veggies straight out of the wok. The fast cook time adds yet another reason to love this dish. Save this one for a night you're really hungry because it will be ready in a flashy 30 minutes!

- Prep:** 10 mins
- Cook:** 25 mins
- Total:** 35 mins
- level 1**
- high fibre**
- vegan**
- low kJ**
- spicy**

Pantry Items

- Soy Sauce
- Sugar
- Water



Tofu



Ginger



Long Red Chilli



Garlic



Jasmine Rice



Hoisin Sauce



Mushrooms



Snow Peas



Carrot



Coriander

2P	4P	Ingredients
½ block	1 block	tofu, cut into slices
1 knob	2 knobs	ginger, peeled & finely grated
1	2	long red chilli, deseeded & sliced
1 clove	2 cloves	garlic, peeled & crushed
⅓ cup	1 ⅓ cups	Jasmine rice
1 ½ cups	3 cups	water *
2 tbs	4 tbs	hoisin sauce
1 tbs	2 tbs	salt-reduced soy sauce *
2 tsp	1 tbs	sugar *
1 punnet	2 punnets	mushrooms, sliced
100 g	200 g	snow peas, trimmed
1	2	carrot, peeled & cut into matchsticks
1 bunch	2 bunches	coriander, leaves picked

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1410	Kj
Protein	19.5	g
Fat, total	6	g
-saturated	1.3	g
Carbohydrate	45.8	g
-sugars	23.5	g
Sodium	941	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, vegetable peeler, garlic crusher, grater, bowl, sieve, medium saucepan, and a large wok.*

1 Place the **tofu** into a bowl and add in the **ginger, long red chilli, garlic,** and a dash of vegetable oil. Set aside to marinate for **10 minutes.**

2 Place the **Jasmine rice** into a sieve and rinse it with cold tap water until the water becomes clear. Add it to a medium saucepan with the **water** and bring to the boil. Add the rice and cook it for **10-12 minutes** until soft and the water has absorbed.



3 Heat a large wok or frying pan over a high heat. Add the marinated tofu to the pan and cook for **2 minutes,** or until golden. Remove the tofu from the pan and set aside. No need to clean the pan, just add in the **hoisin sauce, soy sauce, sugar, mushrooms, snow peas, carrot** and a splash of water, and cook for **1-2 minutes** or until the veggies are slightly soft. Remove the wok from the heat and stir through the tofu.



4 Divide the rice between bowls and serve with the saucy ginger tofu and mushroom stir-fry. Garnish with **coriander.**



Did you know? Tofu contains all of the essential amino acids making it a complete plant protein.