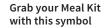


Umami Tofu & Pea Pod Stir-Fry

with Peanut Rice & Spring Onion

CLIMATE SUPERSTAR









Basmati Rice

Crushed Peanuts





Pea Pods





Long Chilli (Optional)

Carrot

Asian Greens



Spring Onion



Plant-Based Asian Mushroom Sauce



Japanese Tofu



Prep in: 20-30 mins Ready in: 30-40 mins



Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

•		
	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
plant-based butter*	20g	40g
crushed peanuts	1 medium packet	1 large packet
pea pods	1 small packet	1 medium packet
carrot	1	2
Asian greens	1 packet	2 packet
long chilli ∮ (optional)	1/2	1
spring onion	1 stem	2 stems
Japanese tofu	1 packet	2 packets
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
brown sugar*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
beef strips**	1 medium packet	2 medium packets OR 1 large packet
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2796kJ (668Cal)	636kJ (152Cal)
Protein (g)	26.1g	5.9g
Fat, total (g)	22.6g	5.1g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	86.2g	19.6g
- sugars (g)	19.6g	4.5g
Sodium (mg)	1542mg	351mg
Dietary Fibre (g)	24.6g	5.6g
Dietary Fibre (g)	24.6g	5.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3579kJ (855Cal)	634kJ (152Cal)
Protein (g)	55.5g	9.8g
Fat, total (g)	30.2g	5.3g
- saturated (g)	8.3g	1.5g
Carbohydrate (g)	86.2g	15.3g
- sugars (g)	19.6g	3.5g
Sodium (mg)	1606mg	284mg
Dietary Fibre	24.6g	4.4g

The quantities provided above are averages only.

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 peanut rice

- To a medium saucepan, add the water and bring to the boil.
- Add basmati rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove the pan from the heat and keep covered until rice is tender and all the water is absorbed, 10 minutes.
- Add the plant-based butter and crushed peanuts and stir to combine. Season to taste.

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



Get prepped

- Meanwhile, trim and roughly chop pea pods.
 Thinly slice carrot into half-moons. Roughly chop Asian greens. Thinly slice long chilli (if using) and spring onion. Cut Japanese tofu pieces into quarters.
- In a small bowl, combine plant-based Asian mushroom sauce, the brown sugar, vinegar, soy sauce and a splash of water.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook carrot and pea pods, tossing, until tender,
 4-5 minutes. Transfer to a plate.



Cook the tofu

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook tofu, tossing, until browned, 3-4 minutes.

Custom Recipe: If you've added beef strips, after cooking the tofu, transfer tofu to plate with veggies. Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips, tossing, in batches, until browned and cooked through, 1-2 minutes.



Bring it all together

- Reduce heat to low. To pan with tofu, add the sauce mixture and return the veggies to the pan
- Add Asian greens and toss until wilted and combined, 1-2 minutes. Season.

Custom Recipe: Return tofu to the pan along with the veggies and sauce mix. Cook as above.



Serve up

- Divide peanut rice and umami tofu and veggie stir-fry between bowls.
- Top with **spring onion** and chilli to serve. Enjoy!

Custom Recipe: Divide peanut rice and umami beef, tofu and veggie stir-fry between bowls as above.

