



# Umami Tofu & Pea Pod Stir-Fry

with Peanut Rice & Spring Onion

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Crushed Peanuts



Pea Pods



Carrot



Asian Greens



Long Chilli (Optional)



Spring Onion



Japanese Tofu



Plant-Based Asian Mushroom Sauce



Beef Strips

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



Plant Based<sup>^</sup>

<sup>^</sup>Custom Recipe is not Plant Based

Bursting with crowd-pleasing Asian flavours, everyone will be happily getting their daily dose of veg with this tender tofu dish.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar, Vinegar (White Wine or Rice Wine), Soy Sauce

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
<b>plant-based butter*</b>	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)	½	1
spring onion	1 stem	2 stems
Japanese tofu	1 packet	2 packets
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
<b>brown sugar*</b>	½ tbs	1 tbs
<b>vinegar*</b> (white wine or rice wine)	1 tsp	2 tsp
<b>soy sauce*</b>	1 tsp	2 tsp
beef strips**	1 medium packet	2 medium packets OR 1 large packet

\*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

## 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](https://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!



## 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.



## 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**.



## 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.



## 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.



## 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.

We're here to help!

Scan here if you have any questions or concerns

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