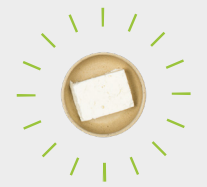




BLACK PEPPER TOFU & VEGGIES

with Garlic Rice



Coat tofu in flour for a crispy texture



Garlic



Jasmine Rice



Red Onion



Sugar Snap Peas



Capsicum



Ginger



Long Red Chilli (Optional)



Coriander



Firm Tofu



Black Peppercorns



Kecap Manis



Crushed Peanuts

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (optional long red chilli)

You're going to get a kick out of this one. We've got a colourful team of sugar snaps, capsicum and red onion bound together in a kecap manis coating peppered with... you guessed it, black pepper! You'll give the peppercorns a pummel to release their flavour, then stir them into the tofu-veggie mix to make a stir-fry that'll knock your socks off.

Pantry Staples: Olive Oil, Butter, Plain Flour, Soy Sauce

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**



1 MAKE 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** 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 been 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 **sugar snap peas**. Roughly chop the **capsicum**. Finely grate the **ginger**. Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. Cut the **firm tofu (see ingredients list)** into 1cm cubes. Bash the **black peppercorns** with a rolling pin or in a pestle and mortar until crushed.



3 FRY THE TOFU

Heat a large frying pan over a medium-high heat with enough **oil** to coat the base of the pan. Toss the **tofu** in the **plain flour**, then shake off any excess flour and add to the hot oil. Cook, tossing, until golden and crispy, **3-4 minutes**. Transfer to a plate lined with paper towel.



4 COOK THE VEGGIES

SPICY! *Crushed black pepper is very hot, add less if you're sensitive to heat.* Wipe out the pan, then return to a medium-high heat with a **drizzle of olive oil**. Add the **onion and capsicum** and cook, tossing, until tender, **5 minutes**. Add the **sugar snap peas** and cook, tossing, until tender, **2 minutes**. Add the **chilli** (if using), **ginger, remaining garlic** and the **crushed black pepper** and cook until fragrant, **1-2 minutes**. Add the **kecap manis** and **soy sauce** and stir to combine.



5 ADD THE TOFU

Add the **tofu** and stir to coat in the sauce. Remove the pan from the heat.



6 SERVE UP

Divide the garlic rice between bowls and top with the black pepper tofu and veggies. Sprinkle with the coriander and **crushed peanuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1 1/4 cups	2 1/2 cups
salt*	1/4 tsp	1/2 tsp
red onion	1	2
sugar snap peas	1 bag (100g)	1 bag (200g)
capsicum	1	2
ginger	1 knob	2 knobs
long red chilli (optional)	1	2
coriander	1 bag	1 bag
firm tofu	1/2 block	1 block
black peppercorns	1 sachet	2 sachets
plain flour*	1 1/2 tbs	1/4 cup
kecap manis	1 sachet (75g)	2 sachets (150g)
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3210kJ (767Cal)	646kJ (154Cal)
Protein (g)	26.8g	5.4g
Fat, total (g)	21.7g	4.4g
- saturated (g)	7.4g	1.5g
Carbohydrate (g)	113g	22.8g
- sugars (g)	31.4g	6.3g
Sodium (g)	1330mg	268mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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