



Ginger Tofu & Peanut Rice

with Garlic Veggies & Plant-Based Aioli

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Onion



Carrot



Green Beans



Zucchini



Japanese Tofu



Ginger Paste



Crushed Peanuts



Plant-Based
Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Calorie Smart

Plant Based

It's easy to make an impressive plant-based dinner when you have Japanese tofu in your meal kit! Team the umami-rich tofu bites with some simple sides that offer the perfect balance of flavours and textures: zingy pickled onion, garlicky rice with some crunch from the peanuts, plus crisp and subtly sweet veggies, and a creamy 'aioli'.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
onion	½	1
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
green beans	1 small bag	1 medium bag
zucchini	1	2
Japanese tofu	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
crushed peanuts	1 medium packet	1 large packet
plant-based aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2664kJ (636Cal)	704kJ (168Cal)
Protein (g)	11.4g	3g
Fat, total (g)	30.9g	8.2g
- saturated (g)	7.6g	2g
Carbohydrate (g)	75g	19.8g
- sugars (g)	10.8g	2.9g
Sodium (mg)	324mg	86mg

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.

1



Cook the rice

Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until 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



Pickle the onion

While rice is cooking, thinly slice **onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to the **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.

3



Get prepped

Slice **carrot** into thin sticks. Trim and halve **green beans**. Thinly slice **zucchini** into half-moons. Cut **Japanese tofu** into 2cm chunks.

4



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry the **carrot**, **green beans** and **zucchini** until tender, **4-5 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**. Remove from heat. Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.

5



Cook the tofu

Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **tofu**, tossing, until browned, **3-4 minutes**. Stir through **ginger paste** and the **soy sauce** until bubbling, **30 seconds**.

6



Serve up

Drain pickled onion. Stir **crushed peanuts** through rice. Divide peanut rice between bowls. Top with garlic veggies, ginger tofu and some pickled onion. Serve with **plant-based aioli**.

Enjoy!

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