



Hoisin Tofu & Veggie Stir-Fry

with Garlic Rice & Sesame Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Mixed Leaves



Lime



Firm Tofu



Hoisin Sauce



Sesame Seeds



Garlic Aioli



Crispy Shallots

Hands-on: 25-35 mins
Ready in: 35-45 mins

Bursting with family-friendly Asian flavours, everyone will be happily getting their daily dose of veggies in with this stir-fry.

Pantry items

Olive Oil, Butter, Plain Flour, Soy Sauce, Brown Sugar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
green beans	1 small bag	1 medium bag
mixed leaves	1 small bag	1 medium bag
lime	½	1
firm tofu	1 packet	2 packets
plain flour*	2 tbs	¼ cup
hoisin sauce	1 packet (75g)	2 packets (150g)
soy sauce*	1 ½ tbs	3 tbs
water* (for the sauce)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
sesame seeds	1 medium packet	1 large packet
garlic aioli	1 packet (50g)	1 packet (100g)
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4283kJ (1023Cal)	713kJ (170Cal)
Protein (g)	39.7g	6.6g
Fat, total (g)	46.1g	7.7g
- saturated (g)	11.1g	1.8g
Carbohydrate (g)	104.6g	17.4g
- sugars (g)	26.9g	4.5g
Sodium (mg)	1317mg	215mg

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 garlic rice

Finely chop **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water (for the rice)** and a good pinch of **salt**. Bring to the boil. Reduce heat to low and cover with lid. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans**, tossing, until softened, **4-5 minutes**. Add **mixed leaves** and cook until wilted, **1-2 minutes**. Transfer to a plate and cover to keep warm.



Get prepped

While rice is cooking, thinly slice **carrot** into half-moons. Trim and halve **green beans**. Roughly chop **mixed leaves**. Cut **lime** into wedges. Cut **firm tofu** into 1cm chunks. In a medium bowl, combine the **plain flour** and a pinch of **salt**. Add **tofu**, gently tossing to coat.



Cook the tofu

Return frying pan to medium-high heat with a good drizzle of **olive oil**. When oil is hot, cook **tofu**, turning occasionally, until golden, **5-7 minutes**. Remove from heat, then add **hoisin mixture**. Stir, then return cooked **veggies** to pan. Toss to coat. Season with **pepper**.



Make the sauce & aioli

In a small bowl, combine **hoisin sauce**, the **soy sauce**, the **water (for the sauce)**, **brown sugar**, a squeeze of **lime juice** and 1/2 the **sesame seeds**. In a second small bowl, combine **garlic aioli**, remaining **sesame seeds** and a small splash of **water**.



Serve up

Divide garlic rice between bowls. Top with hoisin tofu and veggie stir-fry. Drizzle with sesame aioli and sprinkle with **crispy shallots**. Serve with any remaining lime wedges.

Enjoy!

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