



Peanut Tofu & Sesame Rice

with Fragrant Coconut Sauce

Grab your Meal Kit
with this symbol



Jasmine Rice



Carrot



Snow Peas



Lemon



Garlic



Ginger



Malaysian Tofu



Long Red Chilli
(Optional)




Sesame Seeds



Coconut Milk

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

 Spicy (optional
long red chilli)

Our Malaysian tofu is coated in an irresistible peanut sauce, which gives this dish an instant flavour boost. We've teamed it with steamed rice flavoured with sesame seeds and sesame oil so that everyone will be singing your praises!

Pantry items

Olive Oil, 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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	2½ cups
jasmine rice	1 packet	2 packets
salt*	¼ tsp	½ tsp
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
lemon	½	1
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
Malaysian tofu	1 packet	2 packets
long red chilli (optional)	1	2
sesame seeds	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)
soy sauce*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3130kJ (748Cal)	676kJ (161Cal)
Protein (g)	27.2g	5.9g
Fat, total (g)	33g	7.1g
- saturated (g)	12.9g	2.8g
Carbohydrate (g)	80.6g	17.4g
- sugars (g)	16.1g	3.5g
Sodium (mg)	844mg	182mg

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

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice** and the **salt**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is 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 **carrot** (unpeeled) into half-moons. Trim the **snow peas** and cut into 2cm pieces. Zest the **lemon** (see **ingredients list**), then slice into wedges. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Cut the **Malaysian tofu** into 2cm chunks. Thinly slice the **long red chilli** (if using).



3. Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot** and a splash of **water** and cook until softened, **3-4 minutes**. Add the **snow peas** and cook until just tender, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a plate.



4. Cook the tofu

Return the frying pan to a medium-high heat with a **drizzle** more **olive oil**. Add the **Malaysian tofu** and cook, tossing, until browned, **4 minutes**. Transfer to the plate with the veggies.



5. Make the coconut sauce

Return the pan to a medium heat with a small **drizzle** of **olive oil**. Add the **lemon zest**, **garlic** and **ginger** and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **soy sauce** and **brown sugar** and simmer, scraping up any yummy bits from the base of the pan, until thickened slightly, **2-3 minutes**. Add a **squeeze** of **lemon juice** to taste.



6. Serve up

Stir the toasted sesame seeds through the rice and season to taste with salt and pepper. Divide the sesame rice between bowls and top with the peanut tofu and veggies. Spoon over the fragrant coconut sauce and garnish with the chilli (if using). Serve with the remaining lemon wedges.

Enjoy!