



Teriyaki & Sesame Tofu

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Capsicum



Green Beans



Ginger



Lime



Firm Tofu



Teriyaki Sauce



Chilli Flakes (Optional)



Southeast Asian Spice Blend



Mixed Sesame Seeds



Crispy Shallots

Hands-on: 20-30 mins
Ready in: 30-40 mins

Spicy (optional chilli flakes)

Keen to lift your stir-fry game? The trick is to prep all your ingredients before you start cooking, then crank up the heat and flash-fry everything in batches, adding the sauce right at the end. Master the technique with this teriyaki tofu dish!

Pantry items

Olive Oil, Butter, Plain Flour

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	3 cloves	6 cloves
butter*	20g	40g
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
salt*	¼ tsp	½ tsp
carrot	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
ginger	1 knob	2 knobs
lime	½	1
firm tofu	½ block	1 block
teriyaki sauce	½ sachet (65g)	1 sachet (130g)
chilli flakes (optional)	pinch	pinch
plain flour*	2 tsp	1 tbs
Southeast Asian spice blend	1 sachet	2 sachets
mixed sesame seeds	1 sachet	2 sachets
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3215kJ (768Cal)	588kJ (140Cal)
Protein (g)	26.9g	4.9g
Fat, total (g)	29.7g	5.4g
- saturated (g)	10g	1.8g
Carbohydrate (g)	91.2g	16.7g
- sugars (g)	22.5g	4.1g
Sodium (mg)	1170mg	214mg

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 the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water**, **basmati rice** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

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



Prep the tofu

In a medium bowl, add the **plain flour**, **Southeast Asian spice blend** and **tofu** and toss to coat.



Prep the veggies

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into small pieces. Trim the **green beans** and cut into 2cm pieces. Finely grate the **ginger**. Slice the **lime** (see ingredients) into wedges. Cut the **firm tofu** (see ingredients) into 1cm pieces. In a small bowl, combine the **ginger** and **teriyaki sauce** (see ingredients).



Cook the tofu

When the rice has **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, add the **tofu** and cook, turning occasionally, until golden, **5-7 minutes**. Remove the pan from the heat and add the **mixed sesame seeds** and **teriyaki mixture**. Toss to coat the tofu in the **sauce mixture**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, add the **carrot**, **capsicum** and **green beans** and cook, stirring occasionally, until tender, **5 minutes**. Add a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.

TIP: Add a splash of water to speed up the cooking.



Serve up

Divide the garlic rice between bowls. Top with the veggies and teriyaki tofu. Spoon over any excess sauce remaining in the pan, sprinkle with the **crispy shallots** and serve with a squeeze of lime.

Enjoy!