



Sweet Sambal-Hoisin Tofu and Jasmine Rice with Pepper and Green Beans

22

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day



Jasmine Rice



Bell Pepper



Green Beans



Garlic Clove



Firm Tofu



Cornflour



Soy Sauce



Sambal Paste



Hoisin Sauce



Honey



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press, kitchen paper, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Firm Tofu** 11)	280g	420g	560g
Cornflour	10g	20g	20g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sambal Paste	15g	22g	30g
Hoisin Sauce 11)	64g	96g	128g
Honey	15g	22g	30g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	561g	100g	551g	100g
Energy (kJ/kcal)	2510 /600	448 /107	2437 /582	442 /106
Fat (g)	12.1	2.2	4.8	0.9
Sat. Fat (g)	1.7	0.3	1.0	0.2
Carbohydrate (g)	96.1	17.1	92.1	16.7
Sugars (g)	23.5	4.2	22.6	4.1
Protein (g)	27.4	4.9	41.2	7.5
Salt (g)	3.26	0.58	3.31	0.60

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and $\frac{1}{4}$ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Veg

Once the **tofu** is crispy, transfer to a plate lined with kitchen paper.

Return the (now empty) pan to medium-high heat with a drizzle of **oil**.

Once hot, add the **sliced pepper** and **green beans**. Stir-fry until starting to soften, 3-4 mins. Add the **garlic** and fry for 30 secs more.

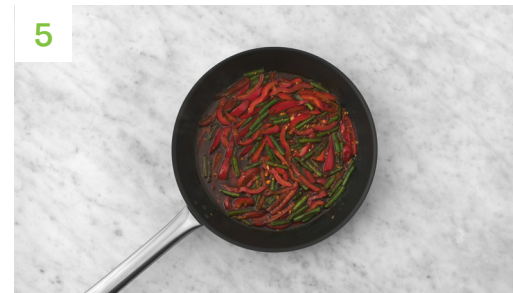


Get Prepped

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).

Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper and pop into a medium bowl. Add the **tofu** to a medium bowl with the **cornflour**. Season with **salt** and **pepper**, then toss to coat.



Sauce Things Up

Pour the **sticky sauce** into the **veg** pan and bring to the boil. Reduce the heat to medium, then simmer until the **sauce** has thickened, 3-4 mins.

Once the **sauce** has thickened, add the **crispy tofu** back into the pan and mix to coat, 1 min. Add a splash of **water** if the **sauce** is a little too thick.

CUSTOM RECIPE

Add the **chicken** back into the **veg** pan and simmer until cooked through, 4-5 mins. **IMPORTANT:** Cook so there's no pink in the middle.



Crisp the Tofu

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Meanwhile, in a small bowl, combine the **soy sauce**, **sambal paste** (add less if you'd prefer things milder), **hoisin sauce**, **honey** and **water for the sauce** (see pantry for amount). Set your **sticky sauce** aside.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

CUSTOM RECIPE

If you're adding **chicken** instead of **tofu**, coat in the **cornflour** in the same way. Fry the **chicken** for 6-8 mins in the next step, turning every 2-3 mins. When it's browned all over, set aside. **IMPORTANT:** Wash hands and utensils after handling raw meat.



Serve Up

When ready, fluff up the **rice** using a fork and share between your bowls.

Top with your **sambal-hoisin tofu and veg**, spooning over all the **sauce** from the pan.

Enjoy!