



# Hoisin Tofu Stir-Fry with Rice and Crispy Onions

Classic 30-35 Minutes • 2 of your 5 a day

22



Jasmine Rice



Onion



Carrot



Pak Choi



Garlic Clove



Firm Tofu



Hoisin Sauce



Soy Sauce



Rice Vinegar



Sesame Oil



Crispy Onions



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Plain Flour, Sugar

### 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.

## Cooking tools

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

## Ingredients

| Ingredients            | 2P       | 3P        | 4P        |
|------------------------|----------|-----------|-----------|
| Jasmine Rice           | 150g     | 225g      | 300g      |
| Firm Tofu** 11         | 280g     | 420g      | 560g      |
| Onion**                | 1        | 1½        | 2         |
| Carrot**               | 1        | 1½        | 2         |
| Pak Choi**             | 1        | 1½        | 2         |
| Garlic Clove**         | 3        | 5         | 6         |
| Hoisin Sauce 11        | 96g      | 128g      | 192g      |
| Soy Sauce 11 13        | 25ml     | 37ml      | 50ml      |
| Rice Vinegar           | 15ml     | 22ml      | 30ml      |
| Sesame Oil 3           | 20ml     | 30ml      | 40ml      |
| Crispy Onions 13       | 1 sachet | 2 sachets | 2 sachets |
| Diced Chicken Breast** | 240g     | 390g      | 520g      |
| Pantry                 | 2P       | 3P        | 4P        |
| Water for the Rice*    | 300ml    | 450ml     | 600ml     |
| Plain Flour*           | 1 tbsp   | 1½ tbsp   | 2 tbsp    |
| Sugar for the Sauce*   | 1 tbsp   | 1½ tbsp   | 2 tbsp    |
| Water for the Sauce*   | 3 tbsp   | 4½ tbsp   | 6 tbsp    |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 678g          | 100g     | 668g        | 100g     |
| Energy (kJ/kcal)        | 3164 /756     | 467 /112 | 3091 /739   | 463 /111 |
| Fat (g)                 | 24.5          | 3.6      | 17.2        | 2.6      |
| Sat. Fat (g)            | 4.8           | 0.7      | 4.0         | 0.6      |
| Carbohydrate (g)        | 104.7         | 15.4     | 100.7       | 15.1     |
| Sugars (g)              | 29.5          | 4.4      | 28.7        | 4.3      |
| Protein (g)             | 30.3          | 4.5      | 44.1        | 6.6      |
| Salt (g)                | 5.30          | 0.78     | 5.35        | 0.80     |

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

## Allergens

3) Sesame 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.

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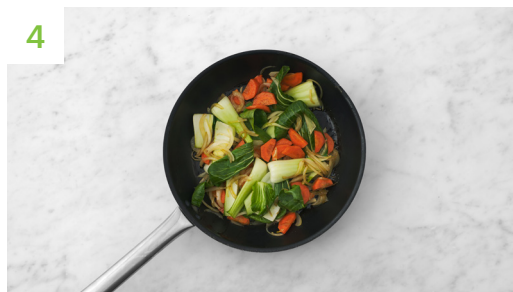
## Cook the Rice

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

Stir in the **rice** and **¼ 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).



## Sizzle the Veg

Put the (now empty) frying pan back on medium-high heat with a drizzle of **oil** (no need to clean).

Add the **sliced onion, carrot** and **pak choy** to the pan.

Stir-fry until softened, 5-6 mins.



## Prep Time

Meanwhile, halve, peel and thinly slice the **onion**. Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about ½ cm thick.

Trim the **pak choy**, then separate the leaves. Cut any larger leaves in half lengthways down the middle. Peel and grate the **garlic** (or use a garlic press).

Drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks. Add the **tofu** to a medium bowl with the **flour** (see pantry for amount). Season with **salt** and **pepper**, then toss to coat.



## Simmer the Sauce

Reduce the heat to medium, then stir in the **garlic**. Stir-fry for 30 secs.

Return the **crispy tofu** to the **veg** pan. Stir in the **hoisin sauce, soy sauce, rice vinegar, sesame oil, sugar** and **water for the sauce** (see pantry for both amounts). Stir well to combine.

Bring to the boil, then simmer until thickened slightly, 1-2 mins.



## Fry the Tofu

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

Once golden, transfer the **tofu** to a plate lined with kitchen paper. Set aside for now.

## CUSTOM RECIPE

If you've chosen **chicken** instead, prep and fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Serve

Share the **rice** between your bowls.

Top with the **hoisin tofu and veg**. Spoon over any remaining **sauce** from the pan.

Sprinkle over the **crispy onions** to finish.

## Enjoy!