



# Hoisin Tofu Stir-Fry with Rice and Crispy Onions

Classic 30-35 Minutes • 1 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 British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Plain Flour, Sugar

### CUSTOM RECIPE

If you chose to swap or upgrade your 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
Onion**	1	1½	2
Carrot**	1	1½	2
Pak Choi**	1	1½	2
Garlic Clove**	3	5	6
Firm Tofu** <b>11)</b>	280g	420g	560g
Hoisin Sauce <b>11)</b>	96g	128g	192g
Soy Sauce <b>11) 13)</b>	25ml	37ml	50ml
Rice Vinegar	15ml	22ml	30ml
Sesame Oil <b>3)</b>	20ml	30ml	40ml
Crispy Onions <b>13)</b>	1 sachet	2 sachets	2 sachets
Diced British 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 tsp	1½ tsp	2 tsp
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)	3293 / 787	486 / 116	3091 / 739	463 / 111
Fat (g)	25.7	3.8	17.2	2.6
Sat. Fat (g)	5.1	0.7	4.0	0.6
Carbohydrate (g)	102.1	15.1	100.7	15.1
Sugars (g)	28.7	4.2	28.7	4.3
Protein (g)	35.8	5.3	44.1	6.6
Salt (g)	5.30	0.78	5.35	0.8

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, mollusc, 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 the **veg** has 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 ½cm 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 pat dry with kitchen paper. Tear into 3cm chunks. Add the **tofu** to a medium bowl with the **flour** (see pantry for amount). Season, 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 in the same way, then fry for the same amount of time. Set aside. Add to the **veg** in step 5. **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!