



Sweet Sambal-Hoisin Tofu and Jasmine Rice

with Pepper and Green Beans

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

22



Jasmine Rice



Bell Pepper



Green Beans



Garlic Clove



Firm Tofu



Cornflour



Soy Sauce



Sambal Paste



Hoisin Sauce



Honey



King Prawns

Pantry Items

Oil, Salt, Pepper

Make it Pescatarian

If you chose to make this recipe pescatarian, 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)	250g	375g	500g
Cornflour	10g	20g	20g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sambal Paste	15g	22.5g	30g
Hoisin Sauce 11)	64g	96g	128g
Honey	15g	22g	30g
King Prawns* 5)	225g	300g	450g
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	546g	100g	533g	100g
Energy (kJ/kcal)	2544/608	466/111	2028/485	380/91
Fat (g)	13.0	2.4	3.0	0.6
Sat. Fat (g)	2.0	0.4	0.6	0.1
Carbohydrate (g)	93.8	17.2	91.5	17.2
Sugars (g)	23.7	4.3	23.1	4.3
Protein (g)	28.5	5.2	23.1	4.3
Salt (g)	3.15	0.58	4.63	0.87

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


Allergens

5) Crustaceans 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.

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

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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 $\frac{1}{4}$ **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.

Pour the **sticky sauce** into the **veg** pan and bring to the boil.



Get Prepped

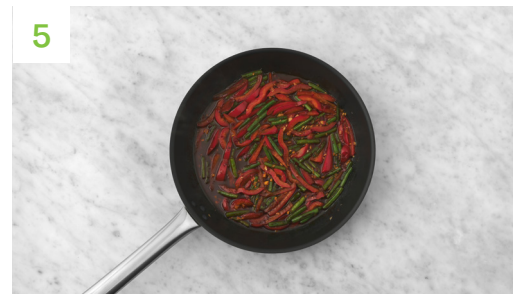
Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

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

Drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks. Add the **tofu** to a medium bowl with the **cornflour**. Season with **salt** and **pepper**, then toss to coat.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then coat in the same way. Fry, 5-6 mins, in the next step. Set aside. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so there's no pink in the middle.



Sauce Things Up

Reduce the saucepan 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.

Make it Pescatarian

Add the **prawns** back into the **veg** pan to coat in the **sauce**, 1 min, then continue as instructed.



Crisp 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.

Meanwhile, in a small bowl, combine the **soy**, **sambal paste** (add less if you'd prefer things milder), **hoisin**, **honey** and **water for the sauce** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



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!