



Indo Chinese Style Chilli Tofu

with Stir-Fried Veg and Basmati Rice

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

22



Basmati Rice



Bell Pepper



Onion



Firm Tofu



Cornflour



Chinese Five Spice



Garlic Clove



Salted Peanuts



Soy Sauce



Honey



Sriracha Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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, kitchen paper, bowl, garlic press, rolling pin, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	2	2
Onion	1	1	2
Firm Tofu** 11)	250g	375g	500g
Cornflour	20g	30g	40g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	50g
Soy Sauce 11) 13)	25ml	50ml	50ml
Honey	30g	45g	60g
Sriracha Sauce	15g	30g	30g
King Prawns* 5)	225g	300g	450g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Oil for Cooking*	2 tbsp	3 tbsp	4 tbsp
Tomato Ketchup*	4 tbsp	6 tbsp	8 tbsp
Water for the Sauce*	100ml	150ml	200ml

*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	639g	100g	627g	100g
Energy (kJ/kcal)	3262/780	510/122	2748/657	438/105
Fat (g)	26.2	4.1	16.2	2.6
Sat. Fat (g)	4.1	0.6	2.7	0.4
Carbohydrate (g)	104.8	16.4	102.5	16.4
Sugars (g)	29.8	4.7	29.1	4.6
Protein (g)	31.7	5.0	26.4	4.2
Salt (g)	3.78	0.59	5.27	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut 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.

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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).

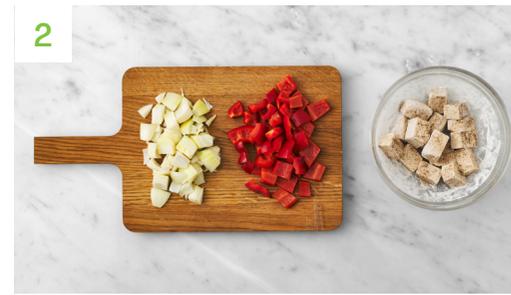


Stir-Fry the Veg

Once hot, add the **pepper** and **onion chunks**. Stir-fry until slightly charred, 5-7 mins. Season with **pepper**.

Meanwhile, in the (now empty) medium bowl, mix together the **soy sauce**, **garlic**, **honey**, **sriracha** and remaining **Chinese Five Spice** with the **ketchup** and **water for the sauce** (see pantry for both amounts).

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



Get Prepped

Meanwhile, halve the **bell pepper** and discard the core and seeds. Halve and peel the **onion**. Chop both into 2cm chunks. Drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks.

Add the **tofu** to a medium bowl with the **cornflour** and **half the Chinese Five Spice**. Season with **salt** and **pepper**, then toss to coat.

Peel and grate the **garlic** (or use a garlic press). Crush the **peanuts** in the unopened sachet using a rolling pin.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then coat them in the same way. Fry, 2-3 mins, then set aside. Cook in the **sauce** for 3-4 mins in step 5. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Sticky Sauce Time

Add the **fried tofu** back into the frying pan with the **veg** and stir in the **sticky sauce**. Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.

Once thickened, remove from the heat. Taste and add more **salt**, **pepper** and a pinch of **sugar** (if you have any) if needed. Add a splash of **water** if it's a bit too thick.



Fry the Tofu

Heat the **oil for cooking** (see pantry for amount) 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. While the **tofu** fries, discard any excess **cornflour** and wipe out the bowl.

When cooked, transfer the **tofu** to a plate lined with kitchen paper. Wipe out your pan, then pop back on medium-high heat with a drizzle of **oil**.



Finish and Serve

Fluff up the **rice** with a fork, then share between your bowls.

Top with the **sticky tofu and veg**, spooning over the remaining **sauce** from the pan.

Finish by sprinkling over the **peanuts**.

Enjoy!