

Char Siu Sticky Tofu and Jasmine Rice

with Stir-Fried Greens

Classic 25-30 Minutes • 1 of your 5 a day



Jasmine Rice



Green Beans



Pak Choi



Garlic Clove



Firm Tofu



Cornflour



Thai Style Spice Blend



Char Siu Paste



Rice Vinegar



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Char siu refers to a Cantonese inspired barbecue dish typically made with pork, though the versatile flavours of white miso, plum, orange, Five Spice and soy sauce used for the marinade pair well with almost any meat or vegetarian protein. In this dish, we're using tofu to absorb the delicious flavours.

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, frying pan, lid, kitchen paper and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	150g	200g	300g
Pak Choi**	1	2	2
Garlic Clove**	2	3	4
Firm Tofu** 11	280g	420g	560g
Cornflour	10g	20g	20g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Char Siu Paste 11	125g	200g	250g
Rice Vinegar	15ml	22ml	30ml
Diced British Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	486g	100g	476g	100g
Energy (kJ/kcal)	2631 /629	542 /129	2429 /581	510 /122
Fat (g)	12.4	2.6	3.9	0.8
Sat. Fat (g)	1.9	0.4	0.9	0.2
Carbohydrate (g)	90.7	18.7	89.3	18.8
Sugars (g)	23.2	4.8	23.2	4.9
Protein (g)	32.2	6.6	40.5	8.5
Salt (g)	1.84	0.38	1.89	0.40

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

Allergens

11) Soya

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.

Contact

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Boil 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).



Finish the Prep

While the **veg** cooks, drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 2cm chunks.

In a medium bowl, mix together the **cornflour** and **Thai style spice blend** (add less if you'd prefer things milder). Season with **salt** and **pepper**. Add the **tofu** and toss to coat in the **flour** and **spice**.

When the **veg** is cooked, transfer to a bowl and cover with a lid or some foil to keep warm. Give the frying pan a quick wipe.

+ Add Chicken Breast

If you've chosen **chicken** instead, coat in the same way, then fry, 6-8 mins. Turn every 2-3 mins. Simmer, 4-5 mins instead. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

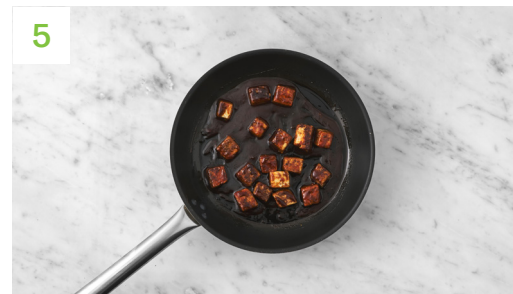


Prep the Veg

Meanwhile, trim the **green beans**, then cut into thirds.

Trim the **pak choi**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.

Peel and grate the **garlic** (or use a garlic press).



Make the Sauce

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

Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Stir in the **char siu paste**, **rice vinegar** and **water for the sauce** (see pantry for amount). Reduce the heat to medium and simmer until thickened, 3-4 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



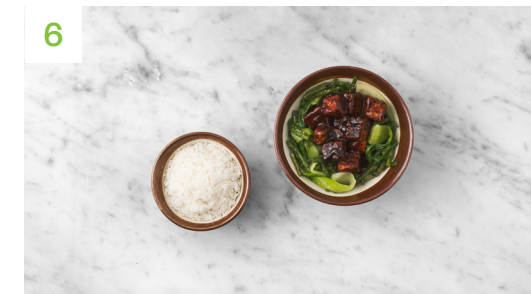
Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add the **pak choi** and a splash of **water**, then immediately cover with a lid or some foil. Cook until the **beans** and **pak choi** are tender, 4-5 mins.



Serve

Share the **rice** between your bowls.

Top with the **stir-fried greens** and spoon over the **char siu tofu** and remaining **sauce** from the pan.

Enjoy!