



General Tso Inspired Tofu and Jasmine Rice with Pak Choi and Green Beans

22

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



Jasmine Rice



Pak Choi



Green Beans



Garlic Clove



Tofu



Cornflour



Soy Sauce



Cider Vinegar



Sambal Paste



Hoisin Sauce



Mushroom Broth
Paste

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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	225g
Pak Choi**	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Tofu** 11	280g	420g	560g
Cornflour	20g	30g	40g
Soy Sauce 11 13	25ml	40ml	50ml
Cider Vinegar 14	15ml	23ml	30ml
Sambal Paste	15g	23g	30g
Hoisin Sauce 11	32g	48g	64g
Mushroom Broth Paste	15g	23g	30g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps
Water for the Sauce*	2 tsp	3 tsp	4 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2468/590	612/146
Fat (g)	11.6	2.9
Sat. Fat (g)	1.7	0.4
Carbohydrate (g)	92.3	22.9
Sugars (g)	14.7	3.6
Protein (g)	29.3	7.3
Salt (g)	4.94	1.22

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

Allergens

11) Soya **13**) Cereals containing gluten **14**) Sulphites

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, 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.

Contact

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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 **pak choi** and **green beans**. Stir-fry until starting to soften, 3-4 mins.

Add the **garlic** and fry for 30 secs more.



Get Prepped

Meanwhile, trim the **pak choi**, then separate the leaves. Cut each **leaf** in half lengthways down the middle.

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

Drain the **tofu** and chop into 1cm cubes. Pat dry with kitchen paper and pop into a medium bowl.

Add the **cornflour** to the **tofu**, season with **salt** and **pepper** and toss to coat well.



Sauce Things Up

Pour your **spicy sauce** into the pan and bring to the boil. Reduce the heat to medium, then simmer until thickened enough to coat the back of a spoon, 3-5 mins.

Once the **sauce** has thickened, add the **crispy tofu** back into the pan and stir until coated, 1 min.

Add a splash of **water** to loosen if needed, then remove from the heat.



Crisp the Tofu

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

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

Meanwhile, in a medium bowl, combine the **soy sauce**, **cider vinegar**, **sambal**, **hoisin sauce**, **mushroom broth paste**, **ketchup** and **water for the sauce** (see pantry for both amounts). Set your **sauce** aside.



Serve

When ready, fluff up the **rice** using a fork and share between your bowls.

Top with your **General Tso inspired tofu**, spooning over all the **sauce** from the pan.

Enjoy!