



Everything
But The Chef

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WK03
2016



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Chinese Sticky Tofu Stir Fry

You'll be transported to a street vendor in Beijing with your first mouthful of this fragrant stir fry. The combination of hoisin sauce, ginger and garlic is a classic and a fool-proof combination that flavours the tofu and vegetables brilliantly. So delicious, we know you'll be begging for seconds.

Prep: 10 mins
Cook: 20 mins
Total: 30 mins

level 1
 spicy

Pantry Items



Water



Vegetable
Oil



Jasmine Rice



Hoisin Sauce



Ginger



Garlic



Chinese Honey Soy Tofu



Red Onion



Red Capsicum



Snow Peas



Coriander



Long Red Chilli

2P	4P	Ingredients
2/3 cup	1 1/3 cups	Jasmine rice
3 cups	6 cups	water *
2 tbs	4 tbs	hoisin sauce (recommended amount)
1 knob	2 knobs	ginger, peeled & finely grated
1 clove	2 cloves	garlic, peeled & crushed
1 tbs	2 tbs	vegetable oil *
1 packet	2 packets	Chinese honey soy tofu, cut into squares
1/2	1	red onion, finely sliced
1	2	red capsicum, sliced into thin strips
100 g	200 g	snow peas, trimmed & destringed
1 bunch	2 bunches	coriander, leaves picked
1	2	long red chilli, finely sliced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2500	Kj
Protein	24.7	g
Fat, total	16.9	g
-saturated	2.3	g
Carbohydrate	84.4	g
-sugars	23.3	g
Sodium	1150	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimers: We may substitute snow peas for sugar snap peas as unpredictable weather conditions may affect market supply.



You will need: Chopping board, chef's knife, sieve, grater, garlic crusher, medium pot, small bowl, large wok/frying pan, and a medium bowl.

1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium pot and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain. (This would be a good time to prep your vegetables).



2 Meanwhile, combine the **hoisin sauce**, **ginger** and **garlic** in a small bowl and set aside.

3 Heat a large wok or frying pan over a high heat. Add half of the **vegetable oil** and swirl to coat the wok. Add the **Chinese honey soy tofu** and cook for **2-3 minutes** or until caramelised. Transfer to a bowl.



4 Place the wok back over a high heat and add the remaining oil. Add the **red onion**, **red capsicum** and **snow peas** and stir fry for **2 minutes** or until the vegetables are just tender. Return the tofu to the wok with the hoisin mixture. Stir fry for **1 minute** or until heated through. Remove from the heat and stir through the **coriander**.

5 Serve with the rice and garnish with the **long red chilli slices**.



Did you know? The word 'hoisin' is Chinese for seafood, though it contains no seafood ingredients, nor is it intended to be served with seafood.