



TOFU PAD KRAPOW MOO

with Thai Basil and Green Beans

SPICY VEGGIE



HELLO

THAI BASIL

This leafy herb adds a slightly sweet and peppery flavour to your meal

TIME: 30 MIN



Basmati Rice



Chili Pepper



Red Onion, sliced



Lime



Garlic



Ginger



Brown Sugar



Soy Sauce



Thai Basil



Extra-Firm Tofu



Green Beans

BUST OUT

- Large Non-Stick Pan
- Medium Pot
- Measuring Cups
- Paper Towel
- Measuring Spoons
- Potato Masher
- Medium Bowl
- Zester
- Garlic Press
- Salt and Pepper
- Grater
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Basmati Rice $\frac{3}{4}$ cup | 1 $\frac{1}{2}$ cup
- Chili Pepper 🌶️ 1 | 1
- Red Onion, sliced 56 g | 113 g
- Lime 1 | 2
- Garlic 6 g | 12 g
- Ginger 30 g | 60 g
- Brown Sugar 2 tbsp | 4 tbsp
- Soy Sauce 1,4 3 tbsp | 6 tbsp
- Thai Basil 7 g | 7 g
- Extra-Firm Tofu 4 350 g | 700 g
- Green Beans 170 g | 340 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

In Step 4, use this heat guide to determine what spice level you prefer: $\frac{1}{4}$ tsp mild, $\frac{1}{2}$ tsp medium, 1 tsp spicy and 2 tsp extra-spicy!



1 COOK RICE
Wash and dry all produce.* In a medium pot, add **1 $\frac{1}{4}$ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Add **rice**, then reduce the heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4 START TOFU
To the same pan, add another **1 tbsp oil** (dbl for 4 ppl). Add **ginger, garlic** and **$\frac{1}{4}$ tsp chili**. (**NOTE:** Reference heat guide in Start Strong). Cook, stirring together, until fragrant, 1-2 min. Add **tofu**. Cook, breaking up any larger pieces with a spoon, until **tofu** is golden-brown all over, 6-7 min.



2 PREP
Meanwhile, pat **tofu** dry with paper towel. To a medium bowl, add **dried tofu**. Using a potato masher, mash **tofu** into pea-sized pieces. Season with **salt** and **pepper**. Set aside. Cut stems off **green beans**, if needed, then cut in half. Peel, then mince or grate **garlic**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Zest, then cut **lime(s)** into wedges. Finely chop **chili**, removing seeds for less heat.



5 FINISH TOFU
To the same pan, add **1 tsp soy** (dbl for 4 ppl) and sprinkle **brown sugar** over **tofu mixture**. Cook, stirring often, until **tofu** is dark golden-brown, 2-3 min. Stir in **lime zest, green bean mixture, remaining soy sauce** and **1 tbsp water** (dbl for 4 ppl). Cook, stirring often, scraping up any brown bits from bottom of the pan, until warmed through, 1 min.



3 COOK BEANS
Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans** and **onions**. Season with **pepper**. Cook, stirring occasionally, until **green beans** are lightly browned, 4-5 min. Transfer to a plate and set aside.



6 FINISH AND SERVE
Fluff **rice** with a fork and season with **salt**. Divide **rice** between plates and top with **tofu mixture**. Tear over **Thai basil leaves** and squeeze over a **lime wedge**, if desired.

SUCCESS!

Looking for spicy, sweet, savoury and fresh flavours in one bite? Here it is, enjoy!

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