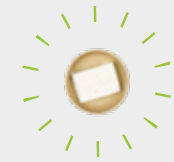




10 MINUTE TOFU STIR-FRY

WITH RICE



HELLO TOFU

This versatile ingredient is made using soy milk and can be used in both sweet and savoury dishes!



Red Pepper



Green Pepper



Tofu



Coriander



Lime



Sweet Chilli Sauce



Soy Sauce



Steamed Basmati Rice



Salted Peanuts

MEAL BAG
1

10 mins

Rapid recipe

2 of your 5 a day

Veggie

GET PREPARED!

Get out your Utensils.

BEFORE YOU START

🔪 Get out your **Utensils**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Fine Grater** and two **Large Frying Pans**. Let's start cooking the **10 Minute Tofu Stir-Fry**.



1 PREP TIME

- Halve the **peppers** and remove the core and seeds. Slice into thin strips.
- Chop the **tofu** into roughly 2cm cubes. Roughly chop the **coriander** (stalks and all). Zest the **lime** then chop into wedges.



2 START FRYING

- Heat a drizzle of **oil** in a large frying pan or wok over medium-high heat. Add the **tofu** and **peppers** stir-fry, 3-4 mins.



3 ADD THE SAUCE

- Lower the heat slightly and stir in the **sweet chilli sauce** and **soy sauce**. Stir-fry for another 2-3 mins until the **peppers** are just soft.



4 COOK THE RICE

- Meanwhile, cook the **rice** according to pack instructions.



5 FINISH UP

- Stir the **lime zest**, **half** the **coriander** and **half** the **peanuts** through the stir-fry.



6 SERVE

- Serve the **rice** in bowls topped with the **tofu stir-fry**. Finish with a scattering of the remaining **coriander** and **peanuts** and the **lime wedges** for squeezing over.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	2	2
Green Pepper	1	1	2
Tofu ¹¹⁾	1 block	1½ blocks	2 blocks
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1½	2
Sweet Chilli Sauce ¹⁴⁾	2 sachets	3 sachets	4 sachets
Soy Sauce ^{11) 13)}	2 sachets	3 sachets	4 sachets
Steamed Basmati Rice	250g	375g	500g
Salted Peanuts ¹⁾	1 small bag	1 large bag	2 small bags

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 528G	PER 100G
Energy (kcal)	512	97
(kJ)	2142	406
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	81	15
Sugars (g)	24	5
Protein (g)	25	5
Salt (g)	4.48	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut ¹¹⁾ Soya ¹³⁾ Gluten ¹⁴⁾ Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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