



Sweet-Soy Tofu & Plum Sauce

with Garlic Rice & Asian Greens

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Southeast Asian Spice Blend



Cornflour



Chilli Flakes (Optional)



Plum Sauce



Plant-Based Aioli



Crispy Shallots



Firm Tofu

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

You'll be off to visit your happy place when you get a taste of this dish. Sweet with a touch of salt, that's how we're cooking up the tofu tonight, with a deliciously decadent plum sauce and a buttery garlic rice with veggies to finish it off, we wish you safe travels to bliss.

Pantry items

Olive Oil, Plant-Based Butter, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
Asian greens	1 bunch	2 bunches
firm tofu	1 packet	2 packets
rice wine vinegar*	drizzle	drizzle
Southeast Asian spice blend	1 medium sachet	1 large sachet
cornflour	½ packet	1 packet
chilli flakes (optional) 🌶️	pinch	pinch
plum sauce	1 packet (65g)	2 packets (130g)
crispy shallots	1 packet	1 packet
plant-based aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3610kJ (863Cal)	700kJ (167Cal)
Protein (g)	28g	5.4g
Fat, total (g)	36.2g	7g
- saturated (g)	10.4g	2g
Carbohydrate (g)	102.6g	19.9g
- sugars (g)	22.3g	4.3g
Sodium (mg)	1069mg	207mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat **plant-based butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Prep the tofu

- In a large bowl, combine **Southeast Asian spice blend**, **cornflour** (see ingredients) and a pinch of **salt** and **pepper**.
- Add **tofu** and gently toss to coat.



Get prepped

- Meanwhile, thinly slice **carrot** into sticks. Roughly chop **Asian greens**. Pat dry **firm tofu** and cut into bite-sized chunks.



Cook the tofu

- Return pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, pick up **tofu** using tongs and shake off any excess flour. Cook **tofu**, tossing occasionally, until browned and warmed through, **3-5 minutes**.
- In **last minute** of cook time, add a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**.
- Remove pan from heat, add **plum sauce** and a splash of **water**. Gently toss until combined.

TIP: Add a drizzle more olive oil if necessary!



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** until tender, **3-4 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until just wilted, **1-2 minutes**. Season to taste.
- Transfer to a bowl, drizzle with **rice wine vinegar** and cover to keep warm.

TIP: Add a dash of water to the veggies to help speed up the cooking process.



Serve up

- Divide garlic rice between bowls. Top with veggies and sweet-soy tofu.
- Spoon over any remaining plum sauce from pan.
- Garnish with **crispy shallots**. Serve with **plant-based aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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