



# TERIYAKI-GLAZED TOFU

with Garlic-Ginger Rice & Crispy Shallots



Use our teriyaki sauce to flavour a stir-fry



Garlic



Ginger



Jasmine Rice



Carrot



Courgette



Green Beans



Lemon



Firm Tofu



Chilli Flakes (Optional)



Mixed Sesame Seeds



Teriyaki Sauce



Crispy Shallots

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Spicy (optional chilli flakes)

It's time to get your tofu on! Dust it in flour and fry until crisp and golden, then add sesame seeds and teriyaki sauce for flavour and crunch. Served with garlic-ginger rice and a medley of veggies, this tasty combo is all kinds of wonderful.

**Pantry Staples:** Olive Oil, Butter, Plain Flour

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** with a **lid** • **large frying pan**



**1 COOK THE GARLIC-GINGER RICE**  
 Finely grate the **garlic** (or use a garlic press) and **ginger**. In a medium saucepan, melt the **butter** and a **dash of olive oil** over a medium heat. Add the **garlic** and **ginger** and cook until fragrant, **1-2 minutes**. Add the **water** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the 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!



**4 PREP THE TOFU**  
 In a medium bowl, add the **plain flour** and **tofu** and toss to coat.



**2 PREP THE VEGGIES**  
 While the rice is cooking, thinly slice the **carrot** (unpeeled) and **courgette** into half-moons. Trim the **green beans** and cut into 2cm pieces. Slice the **lemon** (see **ingredients list**) into wedges. Cut the **firm tofu** into 1cm cubes.



**5 COOK THE TOFU**  
 When the rice has **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **good drizzle of olive oil**. When the oil is hot, add the **tofu** and cook, turning occasionally, until golden, **5-7 minutes**. Remove the pan from the heat, then add the **mixed sesame seeds** and **teriyaki sauce** (see **ingredients list**). Toss to coat the **tofu** in the **sauce mixture**.



**3 COOK THE VEGGIES**  
 In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add the **carrot**, **courgette** and **green beans** and cook, stirring occasionally, until tender, **5 minutes**. **TIP:** Add a splash of water to speed up the cooking. Add a **pinch of chilli flakes** (if using) and cook until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a medium bowl and cover to keep warm. **TIP:** Don't worry if the veggies char a little, this adds to the flavour.



**6 SERVE UP**  
 Divide the garlic-ginger rice between bowls. Top with the veggies and teriyaki tofu. Spoon over any excess sauce remaining in the pan, sprinkle with the **crispy shallots** and top with a squeeze of lemon juice.

ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
carrot	1	2
courgette	1	2
green beans	1 bag (100g)	1 bag (200g)
lemon	½	1
firm tofu	1 block	2 blocks
chilli flakes (optional)	pinch	pinch
plain flour*	4 tsp	2½ tbs
mixed sesame seeds	1 sachet	2 sachets
teriyaki sauce	½ sachet (65g)	1 sachet (130g)
crispy shallots	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2760kJ (659Cal)	638kJ (152Cal)
Protein (g)	22.4g	5.2g
Fat, total (g)	22.0g	5.1g
- saturated (g)	8.6g	2.0g
Carbohydrate (g)	88.7g	20.5g
- sugars (g)	16.7g	3.9g
Sodium (g)	920mg	213mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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2020 | WK09

