



Sweet and Sour Tofu

with cashews and coriander topped jasmine rice

Veggie Calorie Smart 20 – 25 mins

14



Jasmine Rice



Ketjap Manis



Red Wine Vinegar



Bell Pepper



Onion



Coriander



Cashew Nuts



Tomato Paste



Tofu



Soy Sauce

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Jasmine Rice	150 g	300 g
Ketjap Manis	2 sachets	4 sachets
Red Wine Vinegar	2 sachets	4 sachets
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Coriander	5 g	10 g
Cashew Nuts	20 g	40 g
Tomato Paste	1 tin	2 tins
Tofu	180 g	360 g
Soy Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	402.5 g	100 g
Energy (kJ/kcal)	2451 kJ/ 586 kcal	609 kJ/ 146 kcal
Fat (g)	14 g	3.5 g
Sat. Fat (g)	2.4 g	0.6 g
Carbohydrate (g)	88.5 g	22 g
Sugars (g)	22.1 g	5.5 g
Protein (g)	26.3 g	6.5 g
Salt (g)	3.5 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Get Prepped

- Pour 300ml **salted water** (double for 4p) into a pot for the **rice**.
- Stir in the **rice** and bring to the boil. Lower heat to medium, cover and cook for 12 mins.
- Remove from the heat. Keep covered for 12 mins or until ready to serve.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Halve, peel and thinly slice the **onion**. Roughly chop the **coriander** (stalks and all).



Finish and Serve

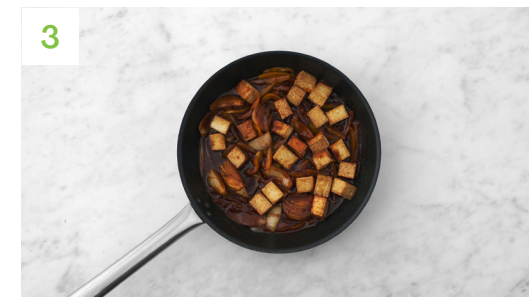
- Serve the the **rice** in deep bowls.
- Top with the sweet and sour **tofu**.
- Garnish with **cashews** and chopped **coriander**.

Enjoy!



Fry the Tofu

- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper. In a bowl, toss the **tofu** cubes with the **soy sauce**.
- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **tofu** until slightly crispy, shifting frequently to ensure it doesn't burn, 6-8 mins.
- Season with **salt** and **pepper**.
- Remove from the pan and set aside.



Simmer the Sauce

- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **onion** and **pepper** until softened, stirring occasionally, 4-5 mins.
- Stir in the **ketjap manis**, **vinegar**, **tomato paste** and 100ml **water** (double for 4p).
- Simmer until sauce has thickened, 3-5 mins.
- Once thickened, add the **tofu** and 2 tsp **sugar** (double for 4p) to the pan. Season to taste with **salt** and **pepper**.

TIP: Add a splash of water if you feel the sauce is too thick.