

Spicy Sweet Smoked Tofu

with jasmine rice, courgette and peanuts

Veggie Calorie Smart 30 – 35 mins • Spicy

14



Scallion



Smoked Tofu



Jasmine Rice



Ketjap Manis



Sweet Asian Sauce



Garlic, Ginger & Lemongrass Paste



Peanuts



Apple Cider Vinegar



Red Thai Style Paste



Courgette



Chilli



Carrot

Pantry Items: Water, Salt, Pepper, Oil, 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
Scallion	2 units	4 units
Smoked Tofu	180 g	360 g
Jasmine Rice	150 g	300 g
Ketjap Manis	1 sachet	2 sachets
Sweet Asian Sauce	2 sachets	4 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Peanuts	20 g	40 g
Apple Cider Vinegar	1 sachet	2 sachets
Red Thai Style Paste	1 sachet	2 sachets
Courgette	1 unit	2 units
Chilli	1 unit	2 units
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	472.5 g	100 g
Energy (kJ/kcal)	2594.1 kJ/ 620 kcal	549 kJ/ 131.2 kcal
Fat (g)	15.7 g	3.3 g
Sat. Fat (g)	2.6 g	0.6 g
Carbohydrate (g)	95.3 g	20.2 g
Sugars (g)	24 g	5.1 g
Protein (g)	27.2 g	5.8 g
Salt (g)	5.4 g	1.1 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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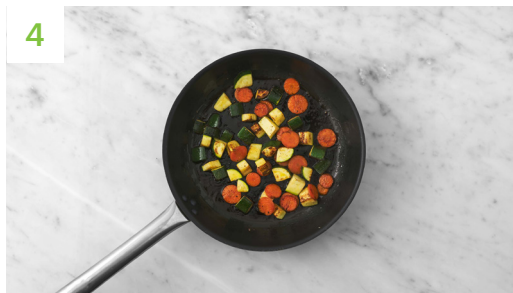


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Make the Rice

- Place a pot over medium-high heat with a drizzle of **oil**.
- Fry the **lemongrass paste** until fragrant, 1-2 mins.
- Stir in the **rice** and 300ml cold **salted water** (double for 4p). Bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 12 mins, then remove the pot from the heat and keep covered for another 12 mins, or until ready to serve (the **rice** will continue to cook in its own steam).



Stir-fry the Veg

- Return the pan to medium-high heat with another drizzle of **oil**.
- Add the **carrot** and fry until starting to soften, 5-6 mins.
- Add the **courgette** and fry for another 2 mins.



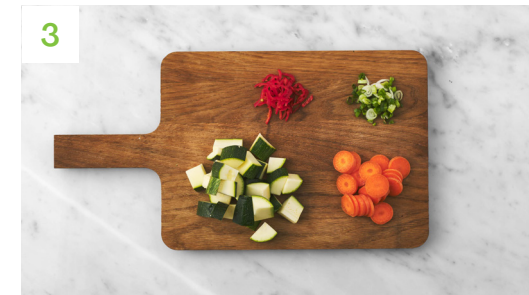
Cook the Tofu

- Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Place a pan over high heat with a good glug of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 6-8 mins. Shift frequently to ensure it doesn't burn.
- Transfer the **tofu** from the pan and toss together with **half** the **ketjap manis**. Season with **salt** and **pepper** and cover to keep warm.



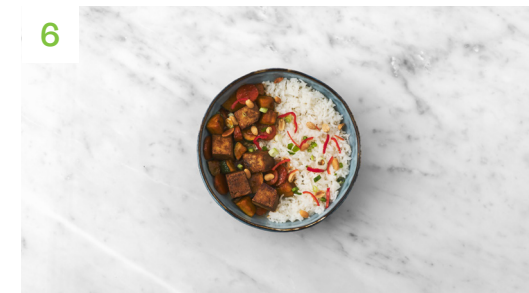
Finishing Touches

- Stir in remaining **ketjap manis**, **red Thai paste**, **apple cider vinegar**, **sweet Asian sauce**, 50ml **water** and ½ tsp **sugar** (double both for 4p).
- Simmer for 2-3 mins.
- Add a splash of **water** to loosen the sauce if required. Season to taste with **salt** and **pepper**.



Prep the Veg

- While the **tofu** fries, trim the **courgette** and chop into 1cm chunks.
- Trim the **carrot** then slice into ½ cm thick rounds (no need to peel).
- Halve the **chilli** lengthways, deseed then finely chop.
- Trim and thinly slice the **scallion**.



Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Serve topped with stir-fried veg and glazed **tofu**.
- Garnish with sliced **scallion**, **peanuts** and **chilli** to taste!

Enjoy!