



Cashew Tofu Stir-Fry with Green Onion Rice

Veggie

30 Minutes

Customized Protein

+ Add

Swap

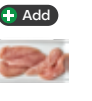
or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Shrimp
285 g | 570 g



Chicken Breast
Tenders
310 g | 620 g



Tofu
1 | 2



Jasmine Rice
¾ cup | 1 ½ cups



Shanghai Bok
Choy
2 | 4



Snow Peas
56 g | 113 g



Green Onion
2 | 4



Garlic, cloves
2 | 4



Chili Pepper
1 | 2



Hoisin Sauce
4 tbsp | 8 tbsp



Soy Sauce Mirin
Blend
4 tbsp | 8 tbsp



Cashews,
chopped
28 g | 56 g



Cornstarch
1 tbsp | 2 tbsp



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and $\frac{1}{8}$ ($\frac{1}{4}$ tsp) **tsp salt** to a medium pot.
- Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Toast cashews (optional)

+ Add | Chicken Breast Tenders

- Reheat the same pan (from step 2) over medium. (**TIP:** You can skip this step if you don't want to toast the cashews.)
- When hot, add **cashews** to the dry pan. Toast, stirring often, until golden brown, 3-4 min. (**TIP:** Keep your eye on cashews so they don't burn.)
- Remove from heat, then transfer **cashews** to another plate.

2



Prep and cook tofu

- Meanwhile, rinse **tofu**, then pat dry with paper towels. Cut into $\frac{1}{2}$ -inch pieces.
- Add **tofu** and **half the cornstarch** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **tofu**. Pan-fry, turning occasionally, until golden-brown, 7-8 min. (**NOTE:** Cook tofu in two batches for 4 ppl, using 1 tbsp oil for each batch!)
- Remove from heat. Transfer **tofu** to a plate.

5



Stir-fry veggies

+ Add | Shrimp

- Reheat the same pan over medium-high.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **snow peas**. Cook, stirring often, until beginning to soften, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 2-3 min.
- Transfer **veggies** to the plate with **tofu**.
- Re-combine **sauce mixture**, then add **sauce mixture** to the same pan. Cook until **sauce** thickens, 30 sec-1 min.
- Return **tofu** and **veggies** to **sauce**, then toss to combine.

3



Prep

- Meanwhile cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy** to wash away any hidden dirt.
- Trim **snow peas**.
- Peel, then mince or grate **garlic**.
- Thinly slice **green onions**.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chillies.)
- Combine **hoisin**, **soy sauce mirin blend**, **remaining cornstarch**, **garlic** and $\frac{1}{2}$ **cup** ($\frac{1}{2}$ **cup**) **water** in another medium bowl. Set aside.

6



Finish and serve

+ Add | Chicken Breast Tenders

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **tofu stir-fry**.
- Sprinkle **cashews**, **remaining green onions** and as many **chilis** over top as desired.

4 | Toast cashews and cook chicken

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. When **cashews** are done, reheat the same pan over medium-high. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate.

5 | Stir-fry veggies and shrimp

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Add **shrimp** along with **snow peas**. Cook, stirring occasionally, then add **bok choy** after 1-2 min. Cook until **veggies** are tender-crisp and **shrimp** just turn pink, 3-4 min.** Proceed with remaining instructions as written.

6 | Finish and serve

+ Add | Chicken Breast Tenders

Thinly slice **chicken**, then top bowls with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.