



MAY  
2017

## Ginger Mushroom and Tofu Stir-Fry with Sugar Snap Peas and Carrots

Tofu is a great protein alternative because its spongy texture allows it to soak up flavourful marinades and sauces! In this recipe, we fry up the tofu first to give it a nice golden colour before tossing it in a savoury stir-fry sauce.



Prep  
30 min



Veggie



Jasmine Rice



Extra Firm Tofu



Sugar Snap  
Peas



White Mushrooms



Carrot



Ginger



Long Red Chili



Garlic



Cilantro



Sesame Oil




Soy Sauce



Hoisin Sauce

## Ingredients

		2 People
Jasmine Rice		1 pkg (170 g)
Extra Firm Tofu	1)	1 pkg (350 g)
Sugar Snap Peas, trimmed		1 pkg (227 g)
White Mushrooms		1 pkg (113 g)
Carrot, matchsticks		1 pkg (56 g)
Ginger		30 g
Long Red Chili 		1
Garlic		1 pkg (10 g)
Cilantro		1 pkg (10 g)
Sesame Oil	2)	1 pkg (1 tbsp)
Soy Sauce	1) 3)	1 pkg (1 tbsp)
Hoisin Sauce	1) 2) 3)	1 pkg (2 tbsp)
Olive or Canola Oil*		

**Nutrition per person** Calories: 770 cal | Fat: 25 g | Protein: 40 g | Carbs: 99 g | Fibre: 6 g | Sodium: 590 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

\*Not Included

## Allergens

- 1) Soy/Soja
- 2) Sesame/Sésame
- 3) Wheat/Blé

## Tools

Measuring Spoons, Small Pot, Measuring Cups, Large Bowl, Large Non-Stick Pan

Ruler

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2



**1 Prep: Wash and dry all produce.** In a small pot, bring **1 1/3 cups salted water** to a boil. Cut the **tofu** into 1/2-inch thick slices, then cut in half to make squares. Thinly slice the **mushrooms**. Peel, then mince **1 tbsp ginger**. Mince or grate the **garlic**. Finely chop the **chili** (if using), removing the seeds for less heat. Roughly chop the **cilantro**.

4



**2 Marinate the tofu:** In a large bowl, combine the **tofu** with **ginger, garlic** and **sesame oil**. Set aside.

5



**3 Cook the rice:** Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.

**4 Make the stir-fry:** Meanwhile, heat a large non-stick pan over high heat. Add a drizzle of **oil**, then the **tofu mixture**. Cook until golden-brown, 2-3 min per side. Transfer to a plate.

5



**5 Cook the veggies:** Add **mushrooms** to the same pan. Cook, until the mushrooms are golden-brown, 7-8 min. Add the **sugar snap peas** and **carrot**. Cook, stirring often, until the veggies are tender-crisp, 1-2 min. Stir in the **stir-fry sauce, tofu** and **1 1/2 tbsp water**. Stir until everything is warmed through, 1-2 min.

**6 Finish and serve:** Fluff the **rice** with a fork. Divide the rice between bowls and top with the **tofu stir-fry**. Sprinkle with **cilantro** and **chili**, if desired. Enjoy!

**NUTRITION TIP:** Carrots and other orange veggies are high in beta-carotene. This nutrient is converted to vitamin A in our bodies, which helps with many biological processes including developing night vision!

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