



APR  
2017

## Sweet 'n' Sticky Tofu Stir-Fry

with Red Bell Pepper and Sugar Snap Peas

You'll feel like you've been transported to the streets of Beijing when you taste this fragrant stir-fry. The combination of hoisin sauce, ginger and chili-garlic is a classic and fool-proof combination that flavours the tofu and vegetables brilliantly. Yum!



Extra-Firm Tofu



Brown Rice



Red Bell Pepper



Sugar Snap Peas



Red Onion



Ginger



Cilantro



Chili-Garlic Sauce




Hoisin Sauce



Honey

## Ingredients

		2 People	*Not Included
Extra-Firm Tofu	2)	1 pkg (350 g)	
Brown Rice		1 pkg (170 g)	<b>Allergens</b>
Red Bell Pepper		1	1) Sulphites/Sulfites
Sugar Snap Peas, trimmed		1 pkg (227 g)	2) Soy/Soja
Red Onion, sliced		1 pkg (56 g)	3) Sesame/Sésame
Ginger		30 g	
Cilantro		1 pkg (10 g)	
Chili-Garlic Sauce 	1)	1 pkg (1 tbsp)	<b>Tools</b>
Hoisin Sauce	2) 3)	1 pkg (3 tbsp)	Strainer, Measuring Cups,
Honey		1 pkg (1 tbsp)	Measuring Spoons, Large Non-
Olive or Canola Oil*			Stick Pan, Medium Pot

Ruler

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**Nutrition per person** Calories: 797 cal | Fat: 25 g | Protein: 39 g | Carbs: 107 g | Fibre: 9 g | Sodium: 587 mg

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



**1 Cook the rice:** Rinse the **rice** under cold tap water until the water runs clear. Combine the rice with **2 1/3 cups salted water** in a medium pot. Bring to a boil, then reduce the heat to medium. Cover with a lid and simmer until the rice is tender, 23-25 min.



**2 Prep:** Meanwhile, **wash and dry all produce**. Cut the **tofu** into 3/4-inch cubes. Core, then thinly slice the **bell pepper**. Roughly chop the **cilantro**. Peel, then mince **1 tbsp ginger**. (**TIP:** Use a spoon to easily scrape the skin off the ginger!)



**3 Brown the tofu:** Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **tofu**. Cook until golden-brown, 2-3 min per side. Transfer to a plate.



**4 Cook the veggies:** Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Add the **bell peppers** and **sugar snap peas**. Cook, stirring often, until the veggies are tender-crisp, 4-5 min.

**5** Add the **tofu, hoisin sauce, honey, ginger** and as much **chili-garlic sauce** as you like. Stir until everything is heated through, 2-3 min.

**6 Finish and serve:** Drain any excess liquid from the **rice**. Fluff the rice with a fork. Divide the rice between bowls and top with the **stir-fry**. Sprinkle with the **cilantro** and enjoy!

**LEFTOVER TIP:** Got leftover ginger? Make a mug of ginger tea! Ginger can help soothe an upset stomach and help with digestion. Cut your remaining ginger into thin slices, then gently boil with 2 cups water in a small pot over medium heat for 15 min. Sweeten with honey, if desired!

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