

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!















Sugar Snap Peas



Red Onion



Ginger



Extra-Firm Tofu





Brown Rice







Red Bell



Honey

Ingredients		2 People	Not ilicidded	.⊑_ _
Extra-Firm Tofu	2)	1 pkg (350 g)		.⊑
Brown Rice		1 pkg (170 g)	Allergens	34/
Red Bell Pepper		1	1) Sulphites/Sulfites	72 in _
Sugar Snap Peas, trimmed		1 pkg (227 g)	2) Soy/Soja	
Red Onion, sliced		1 pkg (56 g)	3) Sesame/Sésame	7 /4 in _
Ginger		30 g		Ruler 0 in 1
Cilantro		1 pkg (10 g)		<u>~</u> 0
Chili-Garlic Sauce 🥒	1)	1 pkg (1 tbsp)	Tools Strainer, Measuring Cups, Measuring Spoons, Large Non- Stick Pan, Medium Pot	
Hoisin Sauce	2) 3)	1 pkg (3 tbsp)		
Honey		1 pkg (1 tbsp)		
Olive or Canola Oil*				

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.

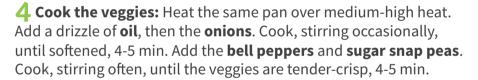


1 Cook the rice: Rinse the **rice** under cold tap water until the water runs clear. Combine the rice with **2**½ **cups salted water** in a medium pot. Bring to a boil, then reduce the heat to medium. Cover with a lid and simmer until the rice is tender, 23-25 min.





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.





- **5** Add the **tofu**, **hoisin sauce**, **honey**, **ginger** and as much **chiligarlic 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!