

# Super Quick Char Siu Tofu Stir-Fry

## with Jasmine Rice and Sesame Seeds

**Super Quick** 15 Minutes • 1 of your 5 a day



Firm Tofu



Jasmine Rice



Cornflour



Coleslaw Mix



Young Pea Pods



Char Siu Paste



Soy Sauce



Roasted White Sesame Seeds



British Chicken Breasts

**Pantry Items**  
Oil, Salt, Pepper

**+ Add Chicken Breasts**

If you chose to add chicken breasts, then just follow the instructions on the back of this card.

Happy cooking!



Char siu refers to a Cantonese inspired barbecue dish typically made with pork, though the versatile flavours of white miso, plum, orange, Five Spice and soy sauce used for the marinade pair well with almost any meat or vegetarian protein. In this dish, we're using tofu to absorb the delicious flavours for a dish that's ready in less than 15 minutes.



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Kettle, kitchen paper, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Firm Tofu** <b>11</b>	280g	560g	560g
Jasmine Rice	150g	225g	300g
Cornflour	20g	30g	40g
Coleslaw Mix**	120g	180g	240g
Young Pea Pods**	80g	150g	150g
Char Siu Paste <b>11</b>	125g	200g	250g
Soy Sauce <b>11</b> <b>13</b>	15ml	25ml	30ml
Roasted White Sesame Seeds <b>3</b>	5g	7.5g	10g
British Chicken Breasts**	2	3	4
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Salt*	¼ tsp	½ tsp	½ tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>425g</b>	<b>100g</b>	<b>415g</b>	<b>100g</b>
Energy (kJ/kcal)	2763 /660	651 /156	2528 /604	610 /146
Fat (g)	13.6	3.2	5.0	1.2
Sat. Fat (g)	2.1	0.5	1.1	0.3
Carbohydrate (g)	96.4	22.7	95.0	22.9
Sugars (g)	24.6	5.8	24.6	5.9
Protein (g)	32.5	7.6	40.8	9.8
Salt (g)	3.91	0.92	3.90	0.94

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3**) Sesame **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Rice On

- Boil a half-full kettle.
- Meanwhile, drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks and pat dry again.
- Pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins. Once cooked, drain, pop back in the pan and cover.

### + Add Chicken Breasts

Cut the **chicken** into 3-4 cm pieces, then coat in the same way. Fry for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

3



## Almost There

- Add the **coleslaw mix** and **pea pods** to the pan. Fry, 2 min more.
- Stir in the **char siu paste**, **soy sauce** and **water** (see pantry). Bring to the boil and toss to coat.
- Simmer, 1-2 mins.
- Add a splash of **water** if it's a little thick.

2



## Get Frying

- Next, add the **tofu** to a bowl with the **cornflour** and **salt** (see pantry). Toss to coat.
- Heat a frying pan on high heat with a drizzle of **oil**.
- Fry the **tofu**, 8-10 mins. Turn frequently.

4



## Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **tofu stir-fry**.
- Sprinkle over the **sesame seeds**.

## Enjoy!