



# Maple Soy Glazed Tofu

With Ginger Fried Rice

**CLASSIC** 35 Minutes • Medium Heat • 1 of your 5 a day • Veggie

Nº 24



Star Anise



Basmati Rice



Tofu



Plain Flour



Thai Spice Blend



Bok Choy



Tenderstem Broccoli®



Garlic Clove



Red Chilli



Lime



Spring Onion



Sesame Seeds



Maple Syrup



Soy Sauce



Ginger Puree



## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Mixing Bowl, Fine Grater and Frying Pan.

### Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Star Anise	1 pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Tofu <b>11</b> **	1 block	1½ blocks	2 blocks
Plain Flour <b>13</b>	8g	16g	16g
Thai Spice Blend <b>3</b>	½ pot	¾ pot	1 pot
Bok Choy**	1	2	2
Tenderstem Broccoli <b>4</b> **	1 small pack	1 large pack	1 large pack
Garlic Clove**	1 clove	2 cloves	2 cloves
Red Chilli**	1	1	1
Lime**	½	1	1
Spring Onion**	1	2	2
Sesame Seeds <b>3</b>	1 small pot	1 large pot	1 large pot
Maple Syrup	1 sachet	2 sachets	2 sachets
Soy Sauce <b>11</b> <b>13</b>	1 sachet	2 sachets	2 sachets
Ginger Puree	1 sachet	1 sachet	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	2230 /533	400 /96
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	76	14
Sugars (g)	8	1
Protein (g)	29	5
Salt (g)	3.56	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**3**) Sesame **11**) Soya **13**) Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

Thumbs up or thumbs down?

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



Packed in the UK



## 1. Rice to See You

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt** and the **star anise**. Stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 4. Tofu

Heat a glug of **oil** in a frying pan on a medium high heat. When hot, add the **tofu** and fry for 2 mins per side until crispy all over, 8 mins. While the **tofu** fries, mix the **maple syrup** and **half** the **soy sauce** in a small bowl. Once the **tofu** is crispy add the **soy** and **maple syrup** then cook, stirring frequently, until the **sauce** has reduced and the **tofu** is glazed, 2-3 mins. Once cooked, remove the **tofu** from the pan to a bowl, cover with foil and set aside. Wipe the pan clean.



## 2. Tofu Time

Drain and pat your **tofu** dry with some paper towel. Cut the **block** in half lengthways and then cut each half into 6 cubes. In a small bowl combine the **flour**, a pinch of **Thai spice** (careful it's hot!) and season generously with **salt** and **pepper**. Toss the **tofu cubes** through the **flour** ensuring that they are evenly coated.



## 5. Fry Time

Put the frying pan back on a medium high heat, drizzle with **oil**. When hot add the **tenderstem broccoli** and stir fry until starting to brown, 2-3 mins. Add a splash of **water**, cover with a lid and steam fry until the **broccoli** is tender, 2-3 more mins. Once tender add the **ginger**, **lime zest**, **garlic**, **chilli** and **bok choy**. Stir fry until the **bok choy** has wilted, 1-2 mins. Remove the **star anise** from the **rice** and add the **rice** and remaining **soy sauce** to the pan. Stir to combine. Season with a pinch of **salt** and squeeze of **lime juice** if needed.



## 3. Prep

Trim the **bok choy** then thinly slice widthways. Cut the **tenderstem** in halve widthways. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then slice thinly. Zest the **lime** and cut into wedges. Trim the **spring onions** then slice thinly. Heat a frying pan or wok on a medium-high heat (no oil). When hot add the **sesame seeds** and cook, stirring, until golden, 1-2 mins. Transfer the **sesame seeds** to a small bowl.



## 6. Time to Serve

Share the stir fried **rice** and **veg** between your bowls. Top with the **maple soy glazed tofu**. Sprinkle over the **sesame seeds** and **spring onion** and serve with a **lime wedge** on the side.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.