



# Sweet & Sour Tofu

with Red Pepper & Green Beans

**RAPID** 20 Minutes • Veggie

N° 16



Tofu



Cornflour



Red Pepper



Green Beans



Pineapple



Rice Vinegar



Tomato Ketchup



Steamed Basmati Rice

## Before you start

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

### Basic cooking tools you will need:

Kitchen Paper and Large Frying Pan.

### Ingredients

	2P	3P	4P
Tofu <b>11)</b> **	1 block	1½ blocks	2 blocks
Cornflour	10g	15g	20g
Red Pepper**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Pineapple	1 tin	1½ tins	2 tins
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Tomato Ketchup <b>10)</b>	1 sachet	1½ sachets	2 sachets
Juice from Pineapple	4 tbsp	6 tbsp	8 tbsp
Steamed Basmati Rice	1 pack	1½ packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	485g	100g
Energy (kJ/kcal)	1833 / 438	378 / 90
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	62	13
Sugars (g)	18	4
Protein (g)	22	5
Salt (g)	1.62	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**10)** Celery **11)** Soya

Wash your hands before and after handling ingredients.  
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Coat The Tofu

**a)** Drain the **tofu** well and pat dry with kitchen paper. Chop into 2cm chunks and pop in a bowl.

**b)** Add the **cornflour** and season with **salt** and **pepper**. Toss to coat and set aside.



## 2. Prep

**a)** Halve the **pepper** and discard the core and seeds. Chop into 2cm pieces.

**b)** Trim the **green beans** and chop in half.

**c)** Drain the **pineapple** (reserving the juice for later) and chop into 2cm chunks.



## 3. Make The Sauce

**a)** In a small bowl, combine the **rice vinegar**, **ketchup** and **pineapple juice** (see ingredients for amount).

**b)** Stir together well and set aside.



## 4. Start Frying

**a)** Heat a glug of **oil** in a large frying pan or wok over medium-high heat. When hot, add the **tofu** and stir-fry until golden, 6-8 mins, turning regularly.

**b)** Transfer the **tofu** to a plate and add another splash of oil to the pan if it is dry.

**c)** Add the **peppers**, **green beans** and **pineapple** and continue to stir-fry until the **veggies** are just soft, 4-5 mins.



## 5. Finish Up

**a)** Cook the **rice** according to pack instructions.

**b)** Meanwhile, lower the heat to medium-low and pour the **sauce** into the pan. Stir and simmer until glossy 1-2 mins.

**c)** Return the tofu to the pan and cook until piping hot, another 1-2 mins.



## 6. Serve

**a)** Divide the **rice** between your bowls and spoon the **sweet and sour tofu** over the top.

**Enjoy!**