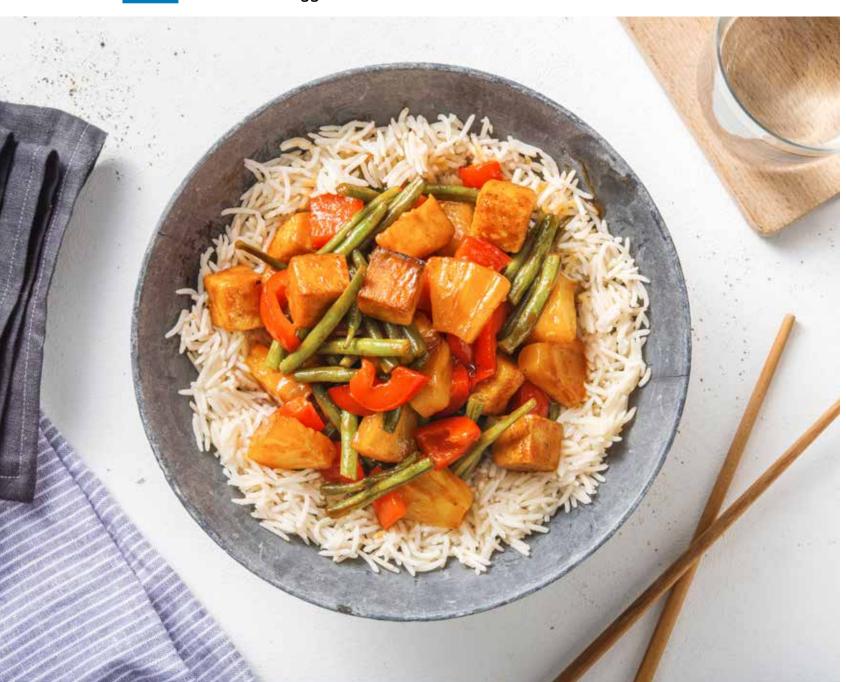


Sweet & Sour Tofu

with Red Pepper & Green Beans

RAPID 20 Minutes • Veggie











Cornflour





Red Pepper





Green Beans

Pineapple



Tomato Ketchup



Rice Vinegar

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	
1 block	1½ blocks	2 blocks	
10g	15g	20g	
1	1	2	
1 small pack	1 large pack	1 large pack	
1 tin	1½ tins	2 tins	
1 sachet	1½ sachets	2 sachets	
1 sachet	1½ sachets	2 sachets	
4 tbsp	6 tbsp	8 tbsp	
1 pack	1½ packs	2 packs	
	1 block 10g 1 1 small pack 1 tin 1 sachet 1 sachet 4 tbsp	1 block 1½ blocks 10g 15g 1 1 1 small pack 1 large pack 1 tin 1½ tins 1 sachet 1½ sachets 1 sachet 1½ sachets 4 tbsp 6 tbsp	

*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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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!