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## Vegetable Stir-fry with

Fried Tofu and Jasmine Rice



20-30min



4 Portions

For a light, tasty and nourishing meal, you can't look past this beautiful stir-fry. With lots of veggies, a sweet yet tart sauce and topped with crispy tofu, it's the perfect delicious dish to get the whole family enjoying a great-for-you meat-free meal

## What we send

- snow peas
- baby corn
- baby spinach leaves
- 2 garlic cloves, ginger and coriander
- fried tofu <sup>6</sup>
- red capsicum
- sauce mix <sup>1,6</sup>
- jasmine rice

## What you'll require

- vegetable oil

## Utensils

- grater
- medium saucepan
- paper towel
- sieve
- wok or deep frying pan

- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 545.0kcal, Fat 16.5g, Proteins 18.1g, Carbs 77.8g



**1. Cook rice**

Rinse the **rice** well. Place in a medium saucepan with 560ml (2¼ cups) water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins.



**2. Prepare ingredients**

Meanwhile, crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Cut **capsicum** into thin strips, discarding membrane and seeds. Drain and cut **baby corn** in half. Trim ends of **snow peas** and cut in half lengthwise. Wash **baby spinach leaves**. Pick **coriander** leaves (discard stems) and coarsely chop.



**3. Fry tofu**

Cut the **tofu** in half crosswise then slice into 1cm slices. Heat 1 tbs **oil** in a large wok or frypan over medium-high heat. Fry the tofu for 3-4 mins, turning regularly, until both sides are crisp and golden. Drain on paper towel.



**4. Start stir-fry**

Heat 1 tbs **oil** in the same pan. Stir-fry the **garlic** and **ginger** for 30 secs or until fragrant. Add **capsicum** and 1 tbs water and stir-fry for 2 mins.



**5. Add snow peas and corn**

Add **snow peas**, **baby corn** and 1 tbs water and stir-fry for 2 mins.



**6. Add spinach and sauce**

Add **baby spinach** and **sauce mix** and stir-fry for 30 secs-1 min until spinach leaves just start to wilt. Fluff up **rice** with a fork and divide between bowls. Top with the **stir-fry** and **fried tofu**, and serve scattered with **coriander leaves**.