


DINNERLY



Tofu Stir-Fry with Chilli-Soy Sauce

 20 minutes  2 Servings

Talk about easy. This Asian vegetarian stir-fry combines tofu, green beans and a sweet soy and chilli sauce all in a hot wok. Serve up the warm rice and spoon over.

WHAT WE SEND

- 1 spring onion
- 150g jasmine rice
- 1 long red chilli
- 60ml (¼ cup) kecap manis ^{1,6,17}
- 200g green beans
- 1 packet silken firm tofu ⁶

WHAT YOU NEED

- garlic clove
- soy sauce ⁶
- vegetable oil
- water

TOOLS

- paper towel

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

COOKING TIP

If less spice is preferred, add the chilli to taste then serve the remaining chilli at the table for those who like it.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 615kcal, Fat 21.1g, Carbs 75.2g, Proteins 26.2g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Carefully remove the **tofu**, according to the packet instructions and drain on paper towel for 5 mins. Thinly slice the **spring onion**, keeping the white and green parts separate. Thinly slice **2 garlic cloves**. Finely chop the **chilli**, removing the seeds if less heat is desired. Trim the **beans** and cut into 3-4cm lengths.



3. Start stir-fry

Heat **1 tbs vegetable oil** in a wok or deep frypan over medium heat and stir-fry the **garlic, white part of the spring onion and chilli** (see cooking tip) for 1 min or until fragrant, being careful not to burn the garlic. Add the **beans** and cook for 1-2 mins.



4. Add tofu

Add the **tofu**, gently breaking it up into large pieces with a wooden spoon. Add **1 tbs soy sauce** and **2 tbs kecap manis** (the remaining kecap manis won't be used in this dish) and cook, stirring to coat, for 1-2 mins until the tofu is heated through and the beans are tender.



5. Serve up

Divide the **rice** and **stir-fry** among bowls and scatter over the **remaining spring onion** to serve.



6. Kitchen hack

For a delicious twist, add some **roasted cashews** when serving.