



## Honey Soy Tofu Stir-Fry

with Broccolini and Brown Rice



20-30min



2 Portions

Just like salt and vinegar, honey and soy is a classic flavour combination that endures. Enjoy it with marinated tofu and zingy fresh ginger, served with wholesome brown rice and crisp-fried greens. Scattered with fragrant fried shallots and spring onion, it's a bowlful that delivers on flavour, texture and nostalgia.

## What we send

- honey soy tofu <sup>1,6,11</sup>
- brown rice
- green beans
- fried shallots <sup>1</sup>
- ginger
- kecap manis <sup>1,6,17</sup>
- spring onion
- broccolini

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- honey
- neutral-flavoured oil
- soy sauce <sup>6</sup>
- water

## Utensils

- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Cutting the ginger into thin matchsticks may take you a little longer than grating, but the resulting flavour makes it worth the effort. Make sure you use a very sharp knife.

## Allergens

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 580kcal, Fat 21.2g, Carbs 64.8g, Proteins 26.8g



### 1. Chop ingredients

**Read through the recipe.** Bring **1L (4 cups) water** to the boil in a medium saucepan. Meanwhile, peel the **ginger** and cut into very thin matchsticks or finely grate (see cooking tip). Trim the **green beans** and **broccolini** and cut into 5cm lengths. Cut the **tofu** into 2cm pieces. Thinly slice the **spring onion** on an angle.



### 2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain.



### 3. Prepare sauce

Combine **1 tbs kecap manis\*\***, **2 tsp soy sauce** and **1 tsp honey** in a small bowl and whisk to combine.



### 4. Cook tofu

Heat **2 tsp oil** in a large deep frypan over high heat. Stir-fry the **tofu** for 2 mins or until browned. Remove from the pan.



### 5. Cook vegetables

Heat **2 tsp oil** in the same pan. Stir-fry the **broccolini** and **beans** for 3-4 mins. Add the **ginger** and stir-fry for 1 min or until fragrant.



### 6. Get ready to serve

Add the **sauce** and **tofu** to the pan and stir-fry for a further 1 min or until hot and vegetables are tender. Divide the **rice** and **stir-fry** among bowls. Scatter over the **fried shallots** and **spring onion** to serve.