



Honey Soy Tofu Stir-Fry

with Broccolini and Brown Rice



20-30min



4 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

- kecap manis ^{1,6,17}
- fried shallots ¹
- broccolini
- honey soy tofu ^{1,6,11}
- ginger
- green beans
- brown rice
- spring onion

What you'll require

- honey
- neutral-flavoured oil
- soy sauce ⁶
- 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 575kcal, Fat 21.1g, Carbs 64.5g, Proteins 26.7g



1. Chop ingredients

Read through the recipe. Bring **1.5L (6 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 onions** on an angle.



4. Cook tofu

Heat **1 tbs oil** in a large deep frypan over high heat. Stir-fry the **tofu** for 2 mins or until browned. Remove from the pan.



2. Cook rice

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



3. Prepare sauce

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



5. Cook vegetables

Heat **1 tbs 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.