



## Sweet and Sour Stir-fried Tofu

with Broccoli and Sugar Snap Peas



20-30min



4 Portions

We ditch the traditional gluggy, orange sweet and sour sauce for a far fresher alternative with honey and syrupy Indonesian soy for sweetness, and fresh lime juice and white wine vinegar for tang. Loaded with crisp fried tofu and nourishing greens, our vegetarian sweet and sour stir-fry is a bowl full of goodness

## What we send

- tofu puffs <sup>6</sup>
- kecap manis <sup>6</sup>
- coriander
- broccoli, lime, zucchini
- Japanese short-grain rice
- sugar snap peas
- fried shallots

## What you'll require

- Australian honey
- pepper
- soy sauce <sup>6</sup>
- vegetable oil
- water
- white wine vinegar <sup>17</sup>

## Utensils

- medium saucepan
- paper towel
- sieve
- small saucepan

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

## Allergens

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

## Nutrition per serving

Energy 670.0kcal, Fat 22.7g, Proteins 33.5g, Carbs 75.0g



### 1. Cook rice

Rinse the **rice** well in a sieve. Put in a medium saucepan with the **water** (see staples list) and bring to a simmer over medium heat. Reduce heat to low, cover with a lid 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 sauce

While the rice is cooking, juice the **lime** into a small saucepan. Add the **kecap manis**, **soy sauce**, **vinegar** and **honey**. Season with **pepper**. Cook the soy mixture over medium heat, stirring for 3-4 mins until slightly thickened.



### 3. Prepare vegetables

Meanwhile, cut the **broccoli** into small florets, then peel and thinly slice the stems. Halve the **zucchini** lengthwise, then thinly slice. Trim the ends of the **sugar snap peas**, then remove the strings from one side. Coarsely chop the **coriander**, including the stems.



### 4. Fry tofu

Heat the **oil** in a wok or large frypan over medium heat. Working in batches, add the **tofu** and cook for 1 min each side or until evenly golden. Remove from pan and drain on paper towel.



### 5. Cook vegetables

Add the **broccoli** and **zucchini** to the pan and stir-fry for 2-3 mins until lightly golden and tender. Remove from pan and set aside. Add the **sugar snap peas** and stir-fry for a further 1 min.



### 6. Get ready to serve

Return the **tofu** and vegetables to the pan with the soy mixture and toss gently to combine. Fluff up the **rice** with a fork and divide among bowls. Top with the stir-fry and scatter over the **coriander** and **fried shallots** to serve.