

Black Pepper Tofu with Broccoli and Jasmine Rice

hellóchef

Enjoy Hello Chef's version of this Chinese classic!

Cals 748 • Prot 45 • Carbs 130 • Fat 15

Vegan

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🕒 cook: 30 min

R2115



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Tofu	2 ppl	3 ppl	4 ppl	
Firm tofu 9*	300	500	600	Grams
Corn starch	20	30	60	Grams
Vegetable oil	6	8	10	Tbsp
Sauce				
Shallots	2	3	4	Piece
Garlic cloves	4	6	8	Piece
Ginger	30	45	60	Grams
Large red chilli	1	1	2	Piece
Spring onion	40	60	80	Grams
Olive oil	2	3	4	Tbsp
Black peppercorns	5	5	10	Grams
Brown sugar	20	20	20	Grams
Soy sauce 9*, 10*, 11*	40	60	60	ML
Rice vinegar	30	45	60	ML
Side				
Broccoli	300	450	600	Grams
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML

Allergens

***9 Soya, *10 Wheat, *11 Gluten**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3129 / 748
Fat (g)	15.3
of which saturates (g)	2.2
Carbohydrate (g)	130
of which sugars (g)	22
Fiber (g)	14.3
Protein (g)	44.5
Salt (g)	3.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry tofu

Chop the **tofu** into large cubes. Carefully turn the cubes in the **corn starch**. Heat a generous amount of **oil** in a pan over a medium-high heat. Once hot, add the coated **tofu** cubes and fry them for 10 min, turning occasionally, until crisp and golden. Once crisp, transfer the **tofu** to kitchen paper. Reserve the pan.



2 Boil rice

Add the **rice**, **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



3 Prep vegetables

Meanwhile, peel and slice the **shallots**. Peel and grate the **garlic** and **ginger**. Chop the **red chilli** and **spring onions**. Rinse the **broccoli** and separate it into florets.



4 Make sauce

Return the reserved pan to a low heat with a drizzle of **oil**. Add the **shallots, garlic, ginger, chilli (spicy!)** and **spring onion** (reserve some of the **chilli** and **spring onion** for garnish). Cook for 5 min, stirring occasionally, until soft.



5 Boil broccoli

Meanwhile, bring a pot of lightly salted water to the boil and add the **broccoli**. Boil for 5 min or until tender. Drain.



6 Serve

Meanwhile, crush the **black peppercorns** in a pestle and mortar. Add the **sugar, soy sauce, rice vinegar** and [2/3/4] tsp of crushed **black pepper (spicy!)** to the **sauce**. Add the crispy **tofu** and carefully fold until coated. Serve the **black pepper tofu** with the **broccoli** and **jasmine rice**. Garnish with the remaining **spring onion** and **red chilli (spicy!)**.