



Enjoy Hello Chef's version of the Chinese classic!

Takes: 30 min | Dairy-Free | Equipment Required: Pestle & Mortar

Cals 561 | Prot 26 | Carbs 105 | Fat 8

Tips For Fussy Eaters

Serve some of the crispy tofu cubes separately without the sauce.

Pro Tip

This dish is called black pepper tofu for a reason. Use lots of pepper - make sure to crush it with a grinder or pestle and mortar first.

Ingredients	For 2	For 3	For 4	
Tofu				
Firm tofu	500	1000	1000	Grams
Corn starch	20	60	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	10	15	20	Grams
Brown sugar	20	20	20	Grams
Soy sauce	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



1 Coat and 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 mince the **garlic**. Peel and grate the **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

Crush the **black peppercorns** in a pestle and mortar. Add the **sugar**, **soy sauce**, **rice vinegar** and 4/6/8 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!)**.



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