

# Sticky Sesame Tofu

## with Brown Rice

hellóchef

Did you know, brown and white rice are the same grain? White rice has simply had its bran layer and cereal germ removed.

Cals 756 • Prot 40 • Carbs 116 • Fat 24

Vegan

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R2862





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 <b>9*</b>	300	500	600	Grams
Salt	1	1	2	Tsp
Corn starch	15	15	30	Grams
Vegetable oil	3	3	6	Tbsp
Sauce				
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Green beans	250	375	500	Grams
Ketchup	40	60	80	Grams
Rice vinegar	15	22	30	ML
Agave syrup	10	15	20	Grams
Soy sauce <b>9*, 10*, 11*</b>	30	40	60	ML
Coconut sugar	5	10	10	Grams
Sesame oil <b>3*, 9*</b>	15	22	30	ML
Sides				
Brown rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Carrot	1	2	2	Piece
Sesame seeds <b>3*</b>	10	15	20	Grams
Fresh coriander	15	15	15	Grams

Allergens

**\*9 Soya, \*10 Wheat, \*11 Gluten, \*3 Sesame Seeds**

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)	3163 / 756
Fat (g)	24.2
of which saturates (g)	3.4
Carbohydrate (g)	116
of which sugars (g)	18.7
Fiber (g)	12.4
Protein (g)	40.3
Salt (g)	3

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



1 Boil rice

Bring a large pan of salted water to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 25 min or until tender. Drain once tender.



2 Coat tofu

Meanwhile, drain the **tofu** and pat dry with a paper towel. Chop the **tofu** into bite-size cubes. Sprinkle with **salt**. Add the **corn starch** to a plate. Turn the **tofu** cubes in the **corn starch**.



3 Fry tofu

Heat a large non-stick pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the **tofu** cubes and fry for 5-7 min until golden and crispy on all sides.

**Tip!** The key to crispy tofu is a hot pan, a generous amount of oil and patience. Once you've added the tofu to the hot pan, don't touch it for a while. Flip it only once caramelised.



4 Prep

Meanwhile, peel and grate the **garlic** and **ginger**. Peel and grate the **carrot**. Trim and chop the **green beans** into bite-size pieces. In a small bowl, whisk together the **ketchup, rice vinegar, agave syrup, soy sauce, coconut sugar** and **sesame oil**.



5 Make sauce

Once the **tofu** is ready, transfer it to a plate. Return the pan to a medium-low heat with another drizzle of **vegetable oil**. Add the **green beans** and fry for 2 min. Add the **ginger** and **garlic** and fry for 30 secs. Add the **sauce** and cook for 1 min further.



6 Tumble tofu

Add the **tofu** to the pan and toss until coated. Sprinkle with **sesame seeds** and immediately serve over the **rice**. Serve the **carrot** on the side and garnish with the **fresh coriander** leaves.