



Peppery tofu and green capsicum stir fry

with jasmine rice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, wok / large frying pan



Pantry items needed: vegetable oil, corn starch



Hands-on: 20-25 minutes
Ready in: 20-25 minutes



Serves: 2 or 4

This Chinese-inspired dish has an irresistible peppery tofu coating that brings the dish to a whole new level. Combined with fresh and crunchy green capsicum, garlic, ginger and our housemade stir fry sauce, and served over a bed of fluffy rice.

NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Jasmine rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cups
Green capsicum	240g	480g
Garlic	4g	8g
Ginger	10g	20g
Spring onion	20g	40g
Firm tofu	1 packet	1 packet
Peppery tofu coating	1 packet	1 packet
Vegetable oil for tofu*	2 tbsp	4 tbsp
Corn starch*	½ tbsp	1 tbsp
Water for sauce*	¼ cup	½ cup
Stir fry sauce	1 tub	1 tub
Toasted sesame seeds	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook rice

Rinse **jasmine rice** through a sieve until the water runs clear. In a small pot, add **jasmine rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Prepare vegetables

Dice **capsicum** into 3cm pieces. Mince **garlic**. Finely grate **ginger**. Finely slice **spring onion**.

3. Prepare tofu

Slice **tofu** into 1cm thick slabs, then quarter each, making squares. Place **tofu coating** and **tofu** into a plastic container with a lid and shake to coat **tofu**. In a wok / large frying pan over high heat, add **vegetable oil for tofu***. When hot, add **tofu** in batches and cook until crispy and golden, about **3 minutes** on each side. When done, transfer onto a plate lined with paper towel.

4. Make sauce

In a small bowl, whisk together **corn starch*** and **water for sauce***. Add **garlic**, **ginger** and **stir fry sauce** and stir well.

5. Cook stir-fry

In the same wok / large frying pan over high heat, add **capsicum** and cook, stirring, for **3 minutes**. Add **stir fry sauce** and cook until thick and sticky (see tip). Add **tofu** and stir to coat.

6. Serve

Serve **peppery tofu and green capsicum stir fry** with **rice**. Garnish with **spring onion** and **toasted sesame seeds**.

Cooking tip

If the sauce thickens too much, add water in 1 tbsp increments to achieve the desired consistency.

Eat your way
to healthy!



Capsicums are low in calories and very high in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides upwards of 170% of your RDI of vitamin C!

Capsicums are also rich in many other vitamins, including E, A, B6, B9, K1, and minerals, such as potassium. They are also a great source of iron, which is absorbed better when paired with vitamin C, preventing conditions such as iron deficiency and anaemia.

Nutritional information*

	Per 875g serve	Per 100g
Energy	3235kJ (774Cal)	770kJ (184Cal)
Protein	36.6g	8.7g
Fat, total	27.7g	6.6g
- Saturated	4.2g	1.0g
Carbohydrate	90.0g	21.0g
- Sugars	11.0g	3.0g
Sodium	881mg	210mg

* Nutritional information is based on averages