



CRISPY TOFU STIR-FRY

with Red Bell Pepper and Sugar Snap Peas



HELLO

DIY STIR-FRY SAUCE

The combination of hoisin sauce, ginger and chili-garlic is a classic and fool-proof combination

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 629



Extra-Firm Tofu



Sprouted Brown Rice



Red Bell Pepper



Sugar Snap Peas, trimmed



Red Onion, sliced



Ginger



Cilantro



Chili-Garlic Sauce



Hoisin Sauce



Honey



Cornstarch

BUST OUT

- Large Non-Stick Pan
- Medium Pot
- Measuring Cups
- Strainer
- Measuring Spoons
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil

INGREDIENTS

2-person

- Extra-Firm Tofu **4** 200 g
- Sprouted Brown Rice ½ cup
- Red Bell Pepper 190 g
- Sugar Snap Peas, trimmed 227 g
- Red Onion, sliced 56 g
- Ginger 30 g
- Cilantro 10 g
- Chili-Garlic Sauce 🌶️ **9** 2 tsp
- Hoisin Sauce **1,4,8,9** 3 tbsp
- Honey 1 tbsp
- Cornstarch **3** 3 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



Peel the ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!



1 COOK RICE Using a strainer, rinse the **rice**. In a medium pot, combine the rice with **1 ½ cups water**. Bring to a boil over high heat, then reduce the heat to medium-low. Cover and simmer until the rice is tender, 25-26 min. Remove from the heat and drain any excess water.



4 COOK VEGGIES Add another drizzle of **oil** to the same pan, then the **onions** and **peppers**. Cook, stirring occasionally, until the peppers start to soften, 2-3 min. Add the **snap peas** and **ginger**. Cook, stirring often, until the snap peas are tender-crisp, 2-3 min.



2 PREP Meanwhile, **wash and dry all produce**.^{*} Core and thinly slice the **bell pepper** into ¼-inch slices. Peel, then mince or grate **1 tbsp ginger**. Roughly chop the **cilantro**. Pat the **tofu** dry with paper towel, then cut into ½-inch cubes. In a medium bowl, combine the tofu and **cornstarch**. Toss to coat completely. Season with **salt** and **pepper**.



5 FINISH STIR-FRY Add the **hoisin sauce**, **honey** and as much **chili-garlic sauce** as you like to the pan. Cook, stirring, until the veggies are coated and the mixture is warmed through, 1-2 min.



3 COOK TOFU Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **tofu**. Pan fry, turning the cubes occasionally, until crispy and golden-brown all over, 7-8 min. Transfer the tofu to a plate and set aside.



6 FINISH AND SERVE Fluff the **rice** with a fork and stir in the **cilantro**. Divide between plates and top with the **veggies** and **tofu**.

USE IT UP!

Leftover ginger? Steep it in hot water to make ginger tea!