

# HELLO Honey-Soy Tofu Stir-Fry with Jasmine Rice

Veggie

25 Minutes





1 | 2



34 cup | 1 ½ cup









1 | 2





Honey



2 tbsp | 4 tbsp







Garlic, cloves

3 | 6

Shanghai Bok Choy 1 | 2



Cornstarch 1 tbsp | 2 tbsp



Crispy Shallots 28 g | 56 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

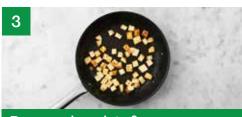
#### Cook rice

- · Before starting, wash and dry all produce.
- Add 1 cup (2 cups) water, 2 tbsp (4 tbsp)
  butter and 1/2 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Add rice to the boiling water, then reduce heat to medium-low. Cover and cook, until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



#### Prep

- Meanwhile, thinly slice green onion.
- Peel, then mince or grate garlic.
- Core, then cut **pepper** into ¼-inch pieces.
- Cut **bok choy** into ½-inch pieces.



### Prep and cook tofu

- Pat **tofu** dry with paper towels, then cut into ½-inch pieces. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 tbsp (2 tbsp) oil, then tofu.
  Pan-fry, turning cubes occasionally, until crispy and golden-brown all over, 6-7 min.
  (TIP: For 4 ppl cook tofu in 2 batches, using 1 tbsp oil for each batch!)
- Transfer **tofu** to a plate.



## Make honey-soy sauce

 Meanwhile, add honey, soy sauce, garlic, cornstarch and ¼ cup (½ cup) water to a small bowl. Season with salt and pepper, then whisk to combine.



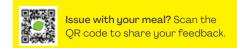
## Finish stir-fry

- Heat the same pan (from step 3) over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then peppers and bok choy. Cook, stirring often, until veggies are tender-crisp, 2-3 min.
- Stir in tofu and honey-soy sauce.
- Bring to a boil, then reduce heat to medium. Cook, stirring occasionally, until sauce thickens slightly, 1-2 min. (NOTE: If sauce is too thick, add water, 1-2 tbsp at a time, until your desired consistency is reached.)



#### Finish and serve

- Stir half the green onions into rice.
- Divide rice between bowls.
- Spoon stir-fry over rice.
- Sprinkle crispy shallots and remaining green onions over top.



1 tbsp (2 tbsp) oil

Measurements

within steps