








# Five spice tofu stir fry

with seasonal vegetables



-  Make this dish within 5 days of receiving your meal kit
-  Cooking equipment: small pot, wok/large frying pan
-  Pantry items needed: agave syrup/ brown sugar, peanut/vegetable oil
-  Hands-on: 20 minutes  
Ready in: 20 minutes
-  Serves: 2 or 4

This is a vibrant stir fry full of colours and textures! Utilising five spice pressed tofu (also known as bean curd), as something a bit different, and a subtle but flavoursome housemade sauce. Not spicy at all, this dish is a great one for the whole family.

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*HIGH PROTEIN | CALORIE SMART | Adventurous, Quick & easy*

## 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 cup
Red onion	90g	180g
Ginger	10g	20g
Carrot	120g	240g
Zucchini	100g	200g
Red capsicum	130g	260g
Spring onion	20g	40g
Five spice bean curd	1 packet	2 packets
Five spice stir fry sauce	1 tub	1 tub
Agave syrup / brown sugar*	2 tsp	4 tsp
Peanut oil / vegetable oil*	1½ tbsp	3 tbsp

\* Pantry items

### Allergens and ingredients

Allergens: gluten, wheat, 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** in 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 ingredients

Halve and thinly slice **onion**. Finely slice **ginger, carrot, zucchini, capsicum** and **spring onion** into matchsticks. Finely slice **five spice bean curd**.

## 3. Make sauce

In a small bowl, add **five spice stir fry sauce** and **agave syrup/brown sugar\*** and whisk until dissolved.

## 4. Stir fry

In a wok/large frying pan over high heat, add **peanut/vegetable oil\***. When hot, add **onion, ginger, carrot** and **bean curd** and stir fry for **1 minute**. Add **zucchini** and **capsicum** and for stir fry for **1 minute**. Add **five spice stir fry sauce** and for stir fry for **1 minute**. Add **spring onion** and toss through for **10 seconds**.

## 5. Serve

Serve **jasmine rice** and **five spice tofu stir fry** onto plates.

Eat your way to healthy!



**Tofu** is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

## Nutritional information\*

	Per 505g serve	Per 100g
Energy	2447kJ (586Cal)	485kJ (116Cal)
Protein	25.7g	5.1g
Fat, total	15.1g	3.0g
- Saturated	7.8g	1.5g
Carbohydrate	83.0g	16.0g
- Sugars	12.0g	2.0g
Sodium	1038mg	206mg

\* Nutritional information is based on averages