



Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



Summer Stir-fry

with Tofu and Peanuts

Asian-inspired tofu in a ginger and hoisin sauce served over rice and topped with a crunchy peanut and snow pea mix.



25 minutes



4 servings



Plant-Based

30 December 2022

Spice it up!

Add extra spice to the stir-fry with some chilli oil or your favourite chilli sauce. You can also add fresh chilli when serving.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	28g	90g

FROM YOUR BOX

BASMATI RICE	300g
SPRING ONIONS	1 bunch
GINGER	1 piece
FIRM TOFU	2 packets
CARROTS	2
TARE SEASONING	1 tub
SNOW PEAS	1 packet
BEAN SHOOTS	1 packet
PEANUTS	1 packet

FROM YOUR PANTRY

sesame oil, salt, pepper, vinegar (of choice), hoisin sauce

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have sesame oil, coconut, peanut or any neutral oil would also work well.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE ONIONS

Heat a large frypan or wok over medium-high heat with **oil** (see notes). Slice and add spring onions (keep some green tops for garnish) and grate ginger. Add to pan as you go.



3. ADD TOFU

Slice tofu into small batons. Halve carrots lengthways and cut on the diagonal. Add to pan along with tare seasoning, **2 tbsp hoisin sauce** and **1/2 cup water**. Cook for 3-4 minutes until carrots are just tender. Season to taste with **salt and pepper**.



4. PREPARE FRESH TOPPING

In a bowl whisk together **1 tbsp oil**, **1/2 tbsp hoisin sauce** and **1 tbsp vinegar**. Trim and thinly slice snow peas. Toss together with bean shoots and peanuts. Season to taste with **pepper and salt**.



5. FINISH AND SERVE

Divide rice among bowls. Add stir-fry and top with fresh topping. Sprinkle with reserved spring onion tops.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

