



Double XO Glazed Tofu & Mushroom Fried Rice

with Edamame Beans and Spring Onions

High Protein

Preparation time : 20 min.



Jasmine Rice



Firm Tofu



Spring Onion



Sliced

Mushrooms



Indonesian

Style Spice Mix



Hoisin Sauce



Rice Vinegar



Vegan XO

Sauce



Fresh Edamame

Beans



Water for the

Rice



Plain Flour



Sugar for the

Sauce



Water for the

Sauce



Honey



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/double-xo-glazed-tofu-mushroom-fried-rice-417>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Bowl, Medium Saucepan, Baking Paper, Lid, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Jasmine Rice (grams)	150	225	300
Firm Tofu (grams)	560	840	1120
Spring Onion (unit(s))	2	3	4
Sliced Mushrooms (grams)	180	300	360
Indonesian Style Spice Mix (sachet(s))	1	1	2
Hoisin Sauce (grams)	30	60	60
Rice Vinegar (milliliter(s))	15	22½	30
Vegan XO Sauce (grams)	50	75	100
Fresh Edamame Beans (grams)	80	120	160
Water for the Rice (milliliter(s))	300	450	600
Plain Flour (tbsp)	1	1½	2
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (tbsp)	1	1½	2
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

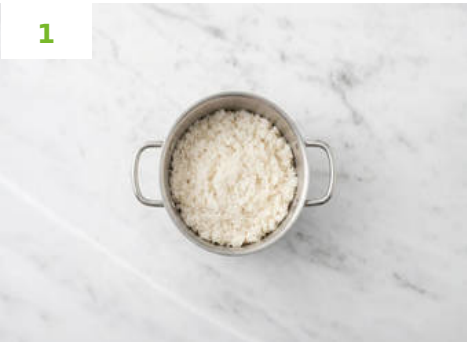
Nutritional values

Per serving	Amount
Energy (kJ)	3673 kJ
Energy (kcal)	878 kcal
Fat	28.9 g
of which saturates	4.3 g
Carbohydrate	91.2 g
of which sugars	18.2 g
Dietary Fibre	10.4 g
Protein	60.6 g
Salt	2.17 g

Allergens

May contain traces of allergens, Soya

Always check the product labels for allergen information.



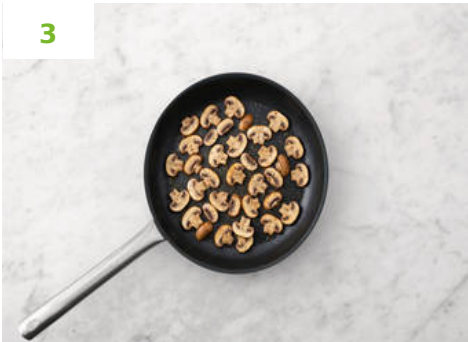
Get Started

- a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.
- b)** Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.
- c)** Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the **rice** will continue to cook in its own steam).



Tofu Time

- a)** Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- b)** In a medium bowl, combine the **tofu** and **flour** (see pantry for amount). Toss to coat.
- c)** Put the **tofu** on a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- d)** When the oven is hot, roast on the top shelf until the **tofu** is golden, 15-18 mins. Turn halfway through cooking.
- If you'd prefer to air fry the tofu, air fry at 200°C until crispy, shaking halfway through, 13-15 mins.*



Start Frying

- a)** While the **rice** and **tofu** cook, trim the **spring onions** and thinly slice on an angle.
- b)** Heat a drizzle of **oil** in a large frying pan on high heat.
- c)** When hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.



All Together Now

- a)** Once browned, lower the heat and add the **Indonesian style spice mix**. Fry until fragrant, 1 min more.
- d)** Add the **hoisin sauce**, **rice vinegar**, **sugar** and **water for the sauce** (see pantry for both amounts).
- c)** Add in **half** the **vegan XO sauce** and simmer until thickened and glossy, 1-2 mins. Remove from the heat.



Finishing Touches

- a)** Once cooked, add the **cooked rice**, **edamame** and **half** the **spring onions** to the **mushroom** pan.
- b)** Mix well until the **rice** is completely coated in the **sauce**. Add a splash of **water** if you feel it needs it. Season with **salt** and **pepper**.
- c)** Once the **tofu** is crispy, remove from the oven. Drizzle over the **honey** (see pantry for amount) and remaining **XO sauce**.
- d)** Mix and toss to completely coat the **tofu**. Season with **salt** and **pepper**. **TIP:** *If it looks too sticky, add a small splash of water to loosen the glaze.*



Serve Up

- a)** When everything's ready, share the **fried rice** between your serving bowls.
- b)** Top with the **crispy XO glazed tofu** and spoon over any of the remaining **glaze** from the tray.
- c)** Sprinkle over the remaining **spring onion** to finish.

Enjoy your meal!