



XO Glazed Tofu & Mushroom Fried Rice

with Edamame Beans and Spring Onions

High Protein

Preparation time : 20 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/xo-glazed-tofu-mushroom-fried-rice-63>

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)	280	420	560
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.

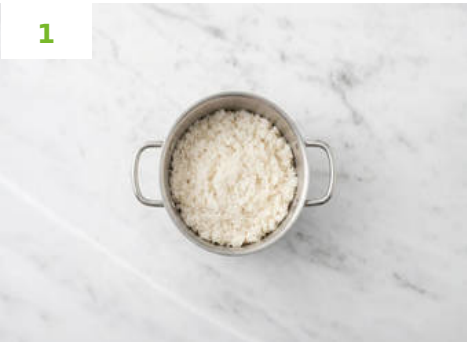
Nutritional values

Per serving	Amount
Energy (kJ)	2823 kJ
Energy (kcal)	675 kcal
Fat	18 g
of which saturates	2.7 g
Carbohydrate	89.7 g
of which sugars	18.1 g
Dietary Fibre	7.8 g
Protein	37.5 g
Salt	2.03 g

Allergens

May contain traces of allergens, Soya

Always check the product labels for allergen information.



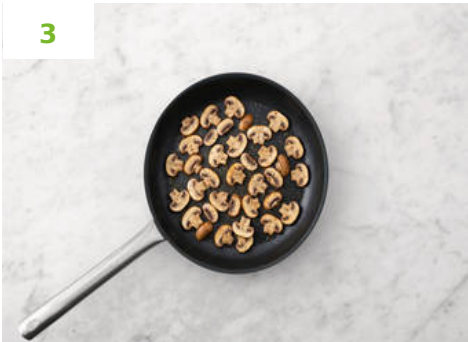
Get Started

- 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!