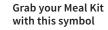


# Sticky Tofu & Garlicky Veg Rice Bowl with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR

















Japanese Tofu



Plant-Based Asian Mushroom Sauce



**Ginger Paste** 





Crispy Shallots







The best part about this recipe is that you can pack a little bit of each ingredient onto your fork and enjoy all of the flavours in one hit! Start by adding some of our go-to jasmine rice as the foundation, some colourful veggies to follow, then pop on top some plant-based mushroom-glazed tofu to complete the stack. Now all that is left is for you to devour it before we do!



Olive Oil, Plant-Based Butter, Brown Sugar

#### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid · Large frying pan

#### Ingredients

3 3 3.			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
plant-based butter*	20g	40g	
carrot	1	2	
capsicum	1	2	
garlic	1 clove	2 cloves	
Japanese tofu	1 packet	2 packets	
plant-based Asian mushroom sauce	1 medium sachet	1 large packet	
ginger paste	1 medium packet	1 large packet	
brown sugar*	½ tbs	1 tbs	
plant-based aioli	1 packet	2 packets	
crispy shallots	1 medium packet	1 large packet	
chicken breast**	1 small packet	1 large packet	

# \*Pantry Items \*\*Custom Recipe Ingredient Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3305kJ (790Cal)	734kJ (175Cal)
Protein (g)	23.1g	5.1g
Fat, total (g)	39.8g	8.8g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	89.9g	20g
- sugars (g)	21.2g	4.7g
Sodium (mg)	1628mg	361mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4041kJ (966Cal)	657kJ (157Cal)
Protein (g)	58g	9.4g
Fat, total (g)	43.6g	7.1g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	89.9g	14.6g
- sugars (g)	21.2g	3.4g
Sodium (mg)	1708mg	277mg

The quantities provided above are averages only.

#### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the rice

- In a medium saucepan, add the water and bring to the boil. Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
- Stir the plant-based butter through the rice.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



# Get prepped

- While the rice is cooking, thinly slice carrot into half-moons.
- · Roughly chop capsicum.
- Finely chop garlic.
- Cut Japanese tofu into 2cm chunks.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.



# Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook carrot and capsicum, tossing, until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
   Season to taste. Transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to help speed up the cooking process.



## Make the sauce

 While the veggies are cooking, in a small bowl, combine plant-based Asian mushroom sauce, ginger paste and the brown sugar. Set aside.



#### Cook the tofu

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook tofu, tossing, until browned, 3-4 minutes.
- Add mushroom sauce mixture and cook until slightly reduced, 1 minute.

Custom Recipe: Heat frying pan as above. When the oil is hot, cook chicken, tossing occasionally, until starting to brown, 2-3 minutes. Add tofu and continue with step as above, cooking for 3-4 minutes until tofu is browned and chicken is cooked through (when no longer pink inside).



### Serve up

- Divide rice, sticky tofu and garlicky veggies between bowls.
- Drizzle with plant-based aioli. Sprinkle over crispy shallots to serve. Enjoy!



Scan here if you have any questions or concerns





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