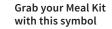
# Ponzu-Glazed Tofu & Garlic Rice

with Veggies & Japanese Mayo

CLIMATE SUPERSTAR













Green Beans





Long Chilli (Optional)

Carrot

Asian Greens



Japanese Tofu





Mixed Sesame



Seeds



Mayonnaise



Dressing

Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early\* \*Custom Recipe only From the sweet and savoury ponzu glaze on the tender Japanese tofu, to the buttery garlic rice and crisp sautéed veggies, this vibrant dish delivers the perfect balance of flavours and textures.

**Pantry items** 

Olive Oil, 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
basmati rice	1 medium packet	1 large packet		
water* (for the rice)	1½ cups	3 cups		
green beans	1 small bag	1 medium bag		
carrot	1	2		
Asian greens	1 bag	2 bags		
long chilli ∮ (optional)	1/2	1		
Japanese tofu	1 packet	2 packets		
ponzu	1 medium packet	1 large packet		
brown sugar*	1 tbs	2 tbs		
water* (for the glaze)	1 tbs	2 tbs		
mixed sesame seeds	1 medium packet	1 large packet		
Japanese style dressing	1 packet	2 packets		
mayonnaise	1 packet (40g)	1 packet (80g)		
chicken breast**	1 small packet	2 small packets OR 1 large packet		
* Dentus Hama ** Custom Dasina Ingradient				

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3495kJ (835Cal)	712kJ (170Cal)
Protein (g)	24.6g	5g
Fat, total (g)	43.4g	8.8g
- saturated (g)	9.7g	2g
Carbohydrate (g)	82.5g	16.8g
- sugars (g)	18.4g	3.7g
Sodium (mg)	1195mg	243mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4266kJ (1020Cal)	650kJ (155Cal)
Protein (g)	57.2g	8.7g
Fat, total (g)	49.2g	7.5g
- saturated (g)	11.5g	1.8g
Carbohydrate (g)	82.5g	12.6g
- sugars (g)	18.4g	2.8g
Sodium (mg)	1286mg	196mg

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.

#### We're here to help!

Scan here if you have any questions or concerns

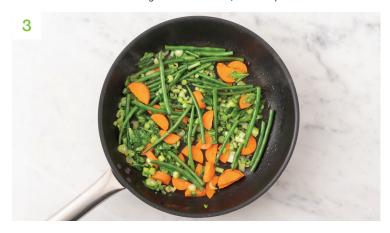




# Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water (for the rice) and a generous pinch of salt. Stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat.
- Keep covered until rice is tender and water is absorbed, 10 minutes.

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



# Cook the veggies & tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook green beans and carrot with a dash of water, tossing occasionally, until tender, 4-5 minutes. Add Asian greens and cook until wilted,
  1-2 minutes. Season with salt. Transfer to a bowl and cover to keep warm.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook tofu, tossing, until golden, 2 minutes. Add ponzu glaze and cook, stirring, until tofu is well coated and glaze is slightly thickened, 1 minute.

**Custom Recipe:** Before cooking tofu, return frying pan to high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to the bowl with the veggies.



# Get prepped

- While rice is cooking, trim and halve **green beans**. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.
- Thinly slice long chilli (if using). Cut Japanese tofu into 2cm cubes. Set aside.
- In a small bowl, combine ponzu sauce, the brown sugar, the water (for the glaze) and mixed sesame seeds.
- In a second small bowl, combine Japanese dressing and mayonnaise.

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



### Serve up

- Divide garlic rice between bowls.
- · Top with ponzu-glazed tofu and veggies.
- Dollop with Japanese mayo. Sprinkle with chilli to serve. Enjoy!

#### Rate your recipe