



Ponzu-Glazed Tofu & Garlic Rice

with Veggies & Japanese Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Green Beans



Carrot



Asian Greens



Long Chilli (Optional)



Japanese Tofu



Ponzu



Mixed Sesame Seeds



Japanese Style Dressing



Mayonnaise



Chicken Breast

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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)	½	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

*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



1



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!

3



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.

2



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.

4



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

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