



Sweet Chilli Tofu & Garlicky Greens

with Ginger Rice & Crispy Shallots

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Japanese Tofu



Garlic



Green Beans



Sweet Chilli Sauce



Sesame Seeds



Baby Spinach Leaves



Crispy Shallots



Mayonnaise



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

If you're familiar with bibimbap, the Korean "mixed rice" dish, then you'll love this Chinese-inspired version. So, divvy up the fragrant rice, pile on the toppings and then mix it all together for a glorious fusion 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, Soy Sauce

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
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1½ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Japanese tofu	1 packet	2 packets
garlic	3 cloves	6 cloves
green beans	1 medium bag	2 medium bags
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
sesame seeds	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
crispy shallots	1 medium packet	1 large packet
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)	3390kJ (810Cal)	872kJ (208Cal)
Protein (g)	24.8g	6.4g
Fat, total (g)	42.3g	10.9g
- saturated (g)	11.1g	2.9g
Carbohydrate (g)	87.2g	22.4g
- sugars (g)	18.5g	4.8g
Sodium (mg)	1294mg	333mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3422kJ (818Cal)	754kJ (180Cal)
Protein (g)	44.2g	9.7g
Fat, total (g)	36.9g	8.1g
- saturated (g)	10.8g	2.4g
Carbohydrate (g)	82.6g	18.2g
- sugars (g)	16.2g	3.6g
Sodium (mg)	908mg	200mg

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 ginger rice

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Flavour the tofu

- To pan with the **tofu**, add **sweet chilli sauce**, the **soy sauce**, **sesame seeds** and half the **garlic**.
- Toss **tofu** to coat, then simmer until slightly thickened, **1-2 minutes**.
- Transfer to a bowl. Cover to keep warm.

Custom Recipe: Flavour the chicken the same way as the tofu.



Get prepped

- Meanwhile, cut **Japanese tofu** into 2cm chunks.
- Finely chop **garlic**.
- Trim **green beans**, then slice lengthways.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks and set aside.



Cook the garlicky greens

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Add **green beans** and cook, tossing, until just tender, **3-4 minutes**.
- Add remaining **garlic** and **baby spinach leaves** and cook until fragrant and wilted, **1 minute**. Season to taste.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **4-5 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive over high heat. When oil is hot, cook chicken, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Serve up

- Divide ginger rice between bowls. Top with garlicky greens and sweet chilli tofu.
- Garnish with **crispy shallots**.
- Top with a dollop of **mayonnaise** to serve. Enjoy!

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