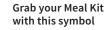


# Sweet Chilli Tofu & Garlicky Greens

with Ginger Rice & Crispy Shallots

CUSTOMER FAVOURITE

**CLIMATE SUPERSTAR** 













Japanese Tofu





Green Beans





Sweet Chilli

Sauce

Sesame Seeds





Crispy Shallots



Mayonnaise





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

\*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.

**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

in ign concince			
	2 People	4 People	
olive oil*	refer to method	refer to method	
butter*	20g	40g	
ginger paste	1 medium packet	1 large packet	
water*	1¼ 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)	<b>754kJ</b> (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.



# 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!



# 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 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.



# 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.



# 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.



# 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!



