HELLO FRESH

Quick Sweet Chilli Tofu & Garlicky Veggies
with Ginger Rice & Crispy Shallots

CLIMATE SUPERSTAR

Basmati Rice

Ginger Paste

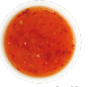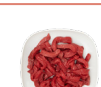Asian Stir-Fry Mix

Garlic Paste

Japanese Tofu

Sweet Chilli Sauce

Soy Sauce Mix

Sesame Seeds

Crispy Shallots

Mayonnaise

Beef Strips

Prep in: 20-30 mins
Ready in: 20-30 mins

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

SUE

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
Asian stir-fry mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
Japanese tofu	1 packet	2 packets
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce mix	1 packet	2 packets
sesame seeds	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
mayonnaise	1 medium packet (40g)	1 large packet (80g)
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3606kJ (862Cal)	850kJ (203Cal)
Protein (g)	26.6g	6.3g
Fat, total (g)	44.2g	10.4g
- saturated (g)	11.2g	2.6g
Carbohydrate (g)	92.7g	21.9g
- sugars (g)	19.9g	4.7g
Sodium (mg)	1526mg	360mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3656kJ (874Cal)	814kJ (195Cal)
Protein (g)	41.6g	9.3g
Fat, total (g)	41.2g	9.2g
- saturated (g)	12.5g	2.8g
Carbohydrate (g)	88.1g	19.6g
- sugars (g)	17.7g	3.9g
Sodium (mg)	1125mg	251mg

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.

1

Cook the ginger rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.
- Return saucepan to medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **ginger paste** until fragrant, **1 minute**. Return cooked rice to pan and stir to combine. Season to taste. Cover to keep warm.

2

Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **Asian stir-fry mix**, tossing, until tender, **3-4 minutes**.
- Add half the **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl. Season and cover to keep warm.

3

Cook the tofu

- While veggies are cooking, cut **Japanese tofu** into 2cm chunks.
- In a small bowl, combine **sweet chilli sauce**, **soy sauce mix**, **sesame seeds** and remaining **garlic paste**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Remove from heat and add **sweet chilli sauce mixture**, tossing to coat.

Custom Recipe: If you've swapped to beef strips, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, in batches, tossing, (this helps the beef stay tender!) until browned and cooked through, 1-2 minutes. Transfer to a plate. Remove from heat and return beef strips to the pan. Add sweet chilli sauce mixture, tossing to coat.

4

Serve up

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

Custom Recipe: Top with sweet chilli beef.

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