



Sticky Tofu & Garlicky Veg Rice Bowl

with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot & Zucchini Mix



Garlic Paste



Japanese Tofu



Plant-Based Asian Mushroom Sauce



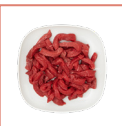
Ginger Paste



Plant-Based Aioli



Crispy Shallots



Beef Strips

Prep in: 15-25 mins
Ready in: 15-25 mins



Plant-Based*

*Custom Recipe is not Plant-Based

The best part about this recipe is that you can pack a little bit of each ingredient onto your fork and enjoy all of the flavours in one hit! Start by adding some of our go-to jasmine rice as the foundation, some colourful veggies to follow, then pop on top some plant-based mushroom-glazed tofu to complete the stack. Now all that is left is for you to devour it before we do!

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

Pantry items

Olive Oil, 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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot & zucchini mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
Japanese tofu	1 packet	2 packets
plant-based Asian mushroom sauce	1 medium sachet	1 large packet
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
plant-based aioli	1 medium packet	2 medium packets
crispy shallots	1 medium packet	1 large packet
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)	3004kJ (718Cal)	694kJ (166Cal)
Protein (g)	23.1g	5.3g
Fat, total (g)	34.3g	7.9g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	84.8g	19.6g
- sugars (g)	17.8g	4.1g
Sodium (mg)	1652mg	382mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3066kJ (733Cal)	669kJ (160Cal)
Protein (g)	37.9g	8.3g
Fat, total (g)	31.7g	6.9g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	80.3g	17.5g
- sugars (g)	15.5g	3.4g
Sodium (mg)	1252mg	273mg

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 rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

3



Cook the tofu

- While veggies are cooking, cut **Japanese tofu** into 2cm chunks.
- In a small bowl, combine **plant-based Asian mushroom sauce**, **ginger paste** and the **brown sugar**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Add **mushroom sauce mixture** and cook until slightly reduced, **1 minute**.

Custom Recipe: If you've swapped to beef strips, heat a drizzle of olive oil in a large frying pan over high heat. Cook beef strips, in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Add the mushroom sauce mixture and cook until slightly reduced, 1 minute.

2



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot & zucchini mix**, tossing, until tender, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Season to taste. Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide rice, sticky tofu and garlicky veggies between bowls.
- Top with a dollop of **plant-based aioli**.
- Sprinkle over **crispy shallots** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate