



Crispy Asian Tofu & Veggie Poke Bowl

with Mayonnaise & Pickled Cucumber

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Carrot



Asian Greens



Mayonnaise



Japanese Tofu



Southeast Asian Spice Blend



Sweet Chilli Sauce



Long Chilli (Optional)



Crispy Shallots



Chicken Breast

Recipe Update

We've replaced the sesame dressing in this recipe with mayonnaise due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Eat Me Early*
*Custom Recipe only

We love poke bowls, because they're so easy to customise with your favourite flavours. This veggie version uses Japanese tofu, Asian greens, carrot and cucumber, with mayonnaise to tie the whole thing together.

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), 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
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
cucumber	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
Asian greens	1 bag	2 bags
mayonnaise	1 packet (40g)	1 packet (80g)
soy sauce* (for the dressing)	1 tsp	2 tsp
Japanese tofu	1 block	2 blocks
Southeast Asian spice blend	½ sachet	1 sachet
sweet chilli sauce	1 small packet	1 medium packet
soy sauce* (for the veggies)	½ tbs	1 tbs
long chilli  (optional)	½	1
crispy shallots	1 medium packet	1 large packet
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)	3234kJ (773Cal)	682kJ (163Cal)
Protein (g)	22.3g	4.7g
Fat, total (g)	40.4g	8.5g
- saturated (g)	11g	2.3g
Carbohydrate (g)	83.3g	17.6g
- sugars (g)	17.7g	3.7g
Sodium (mg)	1444mg	304mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3986kJ (953Cal)	623kJ (149Cal)
Protein (g)	56.3g	8.8g
Fat, total (g)	45.1g	7.1g
- saturated (g)	12.5g	2g
Carbohydrate (g)	83.3g	13g
- sugars (g)	17.7g	2.8g
Sodium (mg)	1529mg	239mg

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 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** 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!

4



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**. Transfer to a plate and cover to keep warm.

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

2



Pickle the cucumber

- While the rice is cooking, thinly slice **cucumber** (see ingredients) into rounds.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough water to just cover cucumber. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!

5



Cook the veggies

- Return pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, tossing, until tender, **3 minutes**. Add **Asian greens** and cook until just wilted, **1-2 minutes**.
- Remove pan from heat, then add **sweet chilli sauce** and the **soy sauce (for the veggies)**, tossing the veggies to coat.

3



Get prepped

- Thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.
- In a small bowl, combine **mayonnaise** and the **soy sauce (for the dressing)**.
- Cut **Japanese tofu** into 2cm cubes.
- In a second medium bowl, combine **tofu**, **Southeast Asian spice blend** (see ingredients) and a drizzle of **olive oil**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

6



Serve up

- Thinly slice **long chilli** (if using). Drain pickled cucumber.
- Divide garlic rice between bowls. Top with veggies and tofu. Drizzle over soy mayonnaise.
- Garnish with pickled cucumber, **chilli** and **crispy shallots** to serve. Enjoy!

Custom Recipe: Top veggies with tofu and chicken.

We're here to help!

Scan here if you have any questions or concerns

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