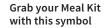


Crispy Asian Tofu & Veggie Poke Bowl with Mayonnaise & Pickled Cucumber

CLIMATE SUPERSTAR















Carrot

Cucumber





Asian Greens



Japanese Tofu



Southeast Asian

Spice Blend



Sweet Chilli



Sauce



Crispy Shallots





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

*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.

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 \cdot Large frying pan

Ingredients

9		
	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	1/2	1
vinegar* (white wine or rice wine)	⅓ 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)	1/2	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.



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!



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!



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.



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.



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.



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.

