



# Sweet Chilli Tofu & Garlicky Veggies

with Ginger Rice & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Japanese Tofu



Garlic



Green Beans



Carrot



Sweet Chilli Sauce



Crispy Shallots



Mayonnaise



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-40 mins

Eat Me Early\*  
*\*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.

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
ginger paste	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
Japanese tofu	1 packet	2 packets
garlic	2 cloves	4 cloves
green beans	1 medium bag	2 medium bags
carrot	1	2
sweet chilli sauce	1 medium packet	2 medium packets
<b>soy sauce*</b>	1 tbs	2 tbs
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)	3291kJ (787Cal)	788kJ (188Cal)
Protein (g)	23.4g	5.6g
Fat, total (g)	39g	9.3g
- saturated (g)	10.7g	2.6g
Carbohydrate (g)	90.4g	21.6g
- sugars (g)	21.6g	5.2g
Sodium (mg)	1304mg	312mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3323kJ (794Cal)	688kJ (164Cal)
Protein (g)	42.7g	8.8g
Fat, total (g)	33.5g	6.9g
- saturated (g)	10.4g	2.2g
Carbohydrate (g)	85.8g	17.8g
- sugars (g)	19.3g	4g
Sodium (mg)	918mg	190mg

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](https://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 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!

3



## Cook the tofu

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **tofu**, tossing, until browned, **4-5 minutes**.
- Add **sweet chilli sauce**, the **soy sauce** and remaining **garlic** and cook, tossing, until combined, **1 minute**. Season to taste.

**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. Continue step as above.

2



## Get prepped & cook the veggies

- Meanwhile, cut **Japanese tofu** into 2cm chunks. Finely chop **garlic**. Trim and halve **green beans**. Thinly slice **carrot** into half-moons.
- When rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **green beans** and **carrot**, tossing regularly, until tender, **4-5 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl. Season and cover to keep warm.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks and set aside.

4



## Serve up

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

**Custom Recipe:** Top ginger rice with sweet chilli chicken.

## Rate your recipe

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