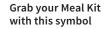


Sweet Chilli Tofu & Garlicky Veggies

with Ginger Rice & Crispy Shallots

CLIMATE SUPERSTAR











Japanese Tofu





Green Beans



Carrot



Sweet Chilli





Mayonnaise



Prep in: 15-25 mins Ready in: 30-40 mins Eat Me Early*

*Custom Decided

*Custom Decided

*Control Decided

*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.



Pantry items

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

in ign concrite				
	2 People	4 People		
olive oil*	refer to method	refer to method		
butter*	20g	40g		
ginger paste	1 medium packet	1 large packet		
water*	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		
soy sauce*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







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!



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.



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.



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.