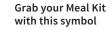


# Sticky Tofu & Garlicky Veg Rice Bowl with Plant-Based Aioli & Crispy Shallots

**EXPLORER** 

CLIMATE SUPERSTAR















Green Beans







Japanese Tofu





Plant-Based Asian Mushroom Sauce

Ginger Paste





Plant-Based

Crispy Shallots





Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me Early\*

\*Custom Recipe only



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!

**Pantry items** 

Olive Oil, Plant-Based Butter, 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  $\cdot$  Large frying pan

## Ingredients

9			
	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	
plant-based butter*	20g	40g	
carrot	1	2	
capsicum	1	2	
green beans	1 small bag	1 medium bag	
garlic	1 clove	2 cloves	
Japanese tofu	1 packet	2 packets	
plant-based Asian mushroom sauce	1 medium packet	1 large packet	
ginger paste	1 medium packet	1 large packet	
brown sugar*	½ tbs	1 tbs	
plant-based aioli	1 packet (50g)	2 packets (100g)	
crispy shallots	1 medium packet	1 large packet	
chicken breast**	1 small packet	2 small packets OR 1 large packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789Cal)	709kJ (169Cal)
Protein (g)	23.7g	5.1g
Fat, total (g)	40.6g	8.7g
- saturated (g)	7.5g	1.6g
Carbohydrate (g)	89.4g	19.2g
- sugars (g)	21g	4.5g
Sodium (mg)	1613mg	347mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>4016kJ</b> (960Cal)	637kJ (152Cal)
Protein (g)	60.3g	9.6g
Fat, total (g)	43g	6.8g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	89.5g	14.2g
- sugars (g)	21g	3.3g
Sodium (mg)	1683mg	267mg

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





#### Cook the rice

- In a medium saucepan, add the water and bring to the boil. Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
- Stir the plant-based butter through the rice.

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



## Get prepped

- While the rice is cooking, thinly slice carrot into half-moons.
- Roughly chop capsicum.
- Trim and roughly chop green beans.
- · Finely chop garlic.
- Cut Japanese tofu into 2cm chunks.

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



# Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook carrot, green beans and capsicum, tossing, until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
  Season to taste. Transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to help speed up the cooking process.



## Make the sauces

 While the veggies are cooking, in a small bowl, combine plant-based Asian mushroom sauce, ginger paste and the brown sugar. Set aside.



## Cook the tofu

- 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: Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 2-3 minutes. Add tofu and continue with step as above, cooking for 3-4 minutes, until tofu is browned and chicken is cooked through (when no longer pink inside).



## Serve up

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

**Custom Recipe:** Divide rice, sticky tofu, chicken and garlicky veggies between bowls.

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate