



# Sticky Tofu & Garlicky Veg Rice Bowl

with Plant-Based Aioli & Crispy Shallots

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Capsicum



Green Beans



Garlic



Japanese Tofu



Plant-Based Asian Mushroom Sauce



Ginger Paste



Plant-Based Aioli



Crispy Shallots



Chicken Breast

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



Plant-Based<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Plant-Based

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!

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

### 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 - Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
<b>plant-based butter*</b>	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
<b>brown sugar*</b>	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

\*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)	4016kJ (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](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



## 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!



## 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.



## 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 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).



## 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.



## 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](https://hellofresh.com.au/rate)