



Crispy Asian Tofu & Veggie Rice Bowl

with Sesame Dressing & Pickled Cucumber

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Garlic



Basmati Rice



Cucumber



Carrot



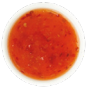
Asian Greens



Japanese Tofu



Southeast Asian Spice Blend



Sweet Chilli Sauce



Long Chilli (Optional)



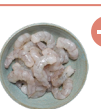
Sesame Dressing



Crispy Shallots



Chicken Breast



Peeled Prawns

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

We love rice bowls, because they're so easy to customise with your favourite flavours. This veggie version uses Japanese tofu, Asian greens, carrot and cucumber, with sesame dressing to tie the whole thing together.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
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	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
Asian greens	1 packet	2 packets
Japanese tofu	1 packet	2 packets
Southeast Asian spice blend	½ medium sachet	1 medium sachet
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	½ tbs	1 tbs
long chilli  (optional)	½	1
sesame dressing	2 medium sachets	4 medium sachets
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3234kJ (773Cal)	682kJ (163Cal)
Protein (g)	22.5g	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)	1480mg	312mg
Dietary Fibre (g)	13.8g	2.9g

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.

1



Cook the 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!

4



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.

2



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!

5



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**, tossing the veggies to coat.

3



Get prepped

- Thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.
- Cut **Japanese tofu** into 2cm cubes.
- In a medium bowl, combine **tofu**, **Southeast Asian spice blend** (see ingredients) and a drizzle of **olive oil**.

6



Serve up

- Thinly slice **long chilli** (if using). Drain pickled cucumber.
- Divide garlic rice between bowls.
- Top with veggies, crispy Asian tofu and a drizzle of **sesame dressing**.
- Sprinkle over pickled cucumber, **chilli** and **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

+ ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

