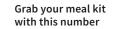


Sticky Tofu & Garlicky Veg Rice Bowl with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR















Green Beans







Ginger Paste

Plant-Based Asian Mushroom Sauce





Plant-Based

Crispy Shallots





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

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
water*	1¼ cups	2½ cups
white rice	1 medium packet	1 large packet
plant-based butter*	20g	40g
carrot	1	2
capsicum	1	2
green beans	1 small packet	1 medium packet
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
plant-based aioli	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
*n		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789cal)	351kJ (84cal)
Protein (g)	23.7g	2.5g
Fat, total (g)	40.5g	4.3g
- saturated (g)	7.5g	0.8g
Carbohydrate (g)	89.3g	9.5g
- sugars (g)	21g	2.2g
Sodium (mg)	1613mg	171.2mg
Dietary Fibre (g)	26.7g	2.8g

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 rice

- · In a medium saucepan, add the water and bring to the boil. Rinse and drain white rice.
- Add **rice**, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from the heat and keep covered until the rice is tender and all the water is absorbed, 10 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.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook carrot, capsicum and green beans, 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.



Serve up

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

