

Sweet Chilli Tofu & Garlicky Veggies

with Ginger Rice & Crispy Shallots

Grab your meal kit
with this number

33



Ginger Paste



White Rice



Japanese Tofu



Garlic



Green Beans



Carrot



Broccoli



Sweet Chilli
Sauce



Crispy Shallots



Mayonnaise



Chicken
Breast



Japanese
Tofu

Prep in: 15-25 mins
Ready in: 30-40 mins

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

Olive Oil, Butter, 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
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
white rice	1 medium packet	1 large packet
Japanese tofu	1 packet	2 packets
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
carrot	1	2
broccoli	1 head	2 heads
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
crispy shallots	1 medium sachet	1 large sachet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3426kJ (819cal)	317kJ (76cal)
Protein (g)	30.7g	2.8g
Fat, total (g)	40.3g	3.7g
- saturated (g)	11.5g	1.1g
Carbohydrate (g)	89.5g	8.3g
- sugars (g)	21.8g	2g
Sodium (mg)	1342mg	124.1mg
Dietary Fibre (g)	31.1g	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](https://www.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 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**.
- Drain and rinse **white rice**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **rice**. Stir, cover with a lid and reduce heat to low.
- 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!

3



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**, tossing, until combined, **1 minute**. Season to taste with **salt** and **pepper**.

2



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. Cut **broccoli** (including the stalk!) into small florets.
- When rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **green beans**, **broccoli** 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.

4



Serve up

- Divide ginger rice between bowls.
- Top with garlicky veggies and sweet chilli tofu.
- Garnish with **crispy shallots**.
- Serve with a dollop of **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.

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

