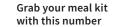


Umami Tofu & Veggie Rice Bowl with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR













Green Beans





Japanese Tofu





Plant-Based Asian Mushroom Sauce

Ginger Paste



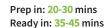
Plant-Based



Crispy Shallots









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*	1 cup	2 cups
jasmine 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	½ large sachet	1 large sachet
4		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3197kJ (764cal)	430kJ (103cal)
Protein (g)	22.4g	3g
Fat, total (g)	40.2g	5.4g
- saturated (g)	7.5g	1g
Carbohydrate (g)	85.1g	11.5g
- sugars (g)	16.8g	2.3g
Sodium (mg)	1610mg	216.7mg
Dietary Fibre (g)	25.3g	3.4g

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.
- Add jasmine 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, 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.



Serve up

- Divide rice, umami tofu and veggies between bowls.
- Drizzle with plant-based aioli.
- Sprinkle over **crispy shallots (see ingredients)** to serve. Enjoy!

