

Sweet Chilli & Ginger Tofu Rice Bowl

with Slaw and Pickled Cucumber

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Garlic



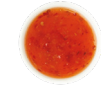
Jasmine Rice



Cucumber



Sweetcorn



Sweet Chilli Sauce



Ginger Paste



Firm Tofu



Cornflour



Mayonnaise



Slaw Mix



Crushed Peanuts



Chicken Breast



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

This veg-forward rice bowl has protein in the shape of tofu cubes and peanuts. The tofu is cooked in a sweet and spicy glaze that drips extra flavour on everything. Move over bland tofu, this bowl is bursting with flavour.

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
jasmine rice	1 medium packet	1 large packet
water*	1 cup	2 cups
cucumber	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
sweetcorn	1 medium tin	1 large tin
sweet chilli sauce	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
firm tofu	½ packet	1 packet
cornflour	1 medium sachet	1 large sachet
mayonnaise	1 medium packet	2 medium packets
slaw mix	1 small packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3323kJ (794cal)	310kJ (74cal)
Protein (g)	22.4g	2.1g
Fat, total (g)	31.5g	2.9g
- saturated (g)	8.3g	0.8g
Carbohydrate (g)	97.7g	9.1g
- sugars (g)	21.1g	2g
Sodium (mg)	876mg	81.8mg
Dietary Fibre (g)	28.6g	2.7g

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 garlic 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 **jasmine 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 and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, shake the excess **cornflour** off **tofu** and cook, turning occasionally, until golden, **5-7 minutes**.
- Add **sweet chilli-ginger sauce mixture**, tossing to coat, **1 minute**.

TIP: For best results, cook the tofu in batches if your pan is getting crowded.



Pickle the cucumber

- Meanwhile, thinly slice **cucumber** 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!



Make the slaw

- While tofu is cooking, in a large bowl, combine **mayonnaise**, a drizzle of **olive oil**, a splash of **pickling liquid** and a pinch of **salt** and **pepper**.
- Add **sweetcorn** and **slaw mix**, tossing to combine.



Get prepped

- While cucumber is pickling, drain **sweetcorn**.
- In a small bowl, combine **sweet chilli sauce**, **ginger paste** and the **soy sauce**.
- Pat **firm tofu** (see ingredients) dry, then cut into 1cm pieces.
- In a second medium bowl, combine **cornflour**, **tofu** and a generous pinch of **salt** and **pepper**.



Serve up

- Drain cucumber.
- Divide garlic rice, sweet chilli and ginger tofu, slaw and pickled cucumber between bowls.
- Spoon over any sauce from the pan. Top with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS

SWAP TO CHICKEN BREAST

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

SWAP TO 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.

