

Sweet Chilli & Ginger Tofu Rice Bowl

with Slaw & Pickled Cucumber

Grab your meal kit with this number

43



Garlic



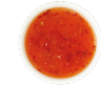
Jasmine Rice



Cucumber



Sweetcorn



Sweet Chilli Sauce



Ginger Paste



Plant-Based Fish Sauce



Firm Tofu



Cornflour



Slaw Mix



Coconut Sweet Chilli Mayonnaise



Crushed Peanuts



Mint



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)

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
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
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	2 medium packets OR 1 large packet
plant-based fish sauce	1 packet	2 packets
firm tofu	½ packet	1 packet
cornflour	1 medium sachet	2 medium sachets
slaw mix	1 small packet	1 large packet
coconut sweet chilli mayonnaise	1 medium packet	2 medium packets
crushed peanuts	1 medium packet	1 large packet
mint	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3577kJ (726cal)	726kJ (147cal)
Protein (g)	22.4g	4.5g
Fat, total (g)	37.2g	7.5g
- saturated (g)	8.9g	1.8g
Carbohydrate (g)	101.6g	20.6g
- sugars (g)	24.1g	4.9g
Sodium (mg)	1326mg	269mg
Dietary Fibre (g)	28.4g	5.8g

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 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 the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat and 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!



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 the 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 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 **plant-based fish 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 **pepper**.



Serve up

- Drain cucumber.
- Divide garlic rice between bowls.
- Top with sweet chilli and ginger tofu, slaw and pickled cucumber.
- Spoon over any sauce from the pan.
- Dollop over **coconut sweet chilli mayonnaise** and sprinkle **crushed peanuts**.
- Tear over **mint** (see ingredients) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into 2cm chunks. 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.

