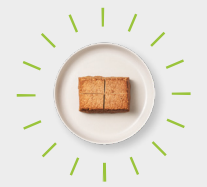




# GINGER TOFU & SWEET CHILLI BROWN RICE BOWL

with Sugar Snap Peas



Add lots of flavour to tofu



Brown Rice



Ginger



Garlic



Carrot



Asian Greens



Sugar Snap Peas



Japanese Tofu



Sweet Chilli Sauce



Black Sesame Seeds



Chilli Flakes (Optional)

Hands-on: **30** mins  
Ready in: **35** mins  
Spicy (optional chilli flakes)

Bowl food must be one of our favourite food trends – and we think it’s here to stay! Simply start with a bed of wholesome brown rice, then top it with lightly cooked veggies, flavoursome tofu and a fried egg. Finishing with a drizzle of sweet chilli sauce takes this bowl to the next level – come and jump on the trend train with us!

**Pantry Staples:** Olive Oil, Soy Sauce, Honey, Eggs

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **medium saucepan** • **medium frying pan**



## 1 COOK THE RICE

In a medium saucepan, bring the **brown rice** and the **water (for the rice)** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **25-30 minutes**, or until the rice is tender. Drain and return to the saucepan.



## 2 PREP THE VEG & TOFU

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Peel the **carrot** into ribbons using a vegetable peeler. Roughly chop the **Asian greens**. Trim the ends of the **sugar snap peas**. Cut each **Japanese tofu** piece in half.



## 3 MAKE THE GINGER SAUCE

In a small bowl, combine the **garlic**, **ginger**, **soy sauce**, **honey** and **water (for the sauce)**. Set aside.



## 4 COOK THE VEGGIES

When the rice has **15 minutes** remaining, heat a **good drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **carrot**, **Asian greens** and **sugar snap peas** to the pan and cook for **2-3 minutes**, or until just softened. Transfer to a plate and cover to keep warm. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook for **2-3 minutes** on each side, or until heated through. Add the **ginger sauce** and cook, stirring, for **1 minute** to combine. Transfer to the same plate to keep warm.



## 5 COOK THE EGGS

Wash out the pan, then return to a medium-high heat with a **drizzle** of **olive oil** and crack in the **eggs**. Cook for **4-5 minutes**, or until the yolk is cooked to your liking.



## 6 SERVE UP

Divide the rice between bowls and top with the veggies and garlic-ginger tofu. Top with the fried egg and drizzle with **sweet chilli sauce**. Sprinkle with the **black sesame seeds** (see ingredients list) and a **pinch** of **chilli flakes** (if using).

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 bunch	2 bunches
sugar snap peas	1 bag (100 g)	1 bag (200 g)
Japanese tofu	1 block	2 blocks
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
eggs*	2	4
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
black sesame seeds	½ sachet	1 sachet
chilli flakes (optional)	pinch	pinch

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (672Cal)	325kJ (78Cal)
Protein (g)	26.6g	3.1g
Fat, total (g)	19.0g	2.2g
- saturated (g)	3.0g	0.3g
Carbohydrate (g)	88.1g	10.2g
- sugars (g)	33.3g	3.9g
Sodium (g)	2110mg	245mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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