



Malaysian Tofu Rice & Veggies

with Toasted Sesame Dressing

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Snow Peas



Asian Greens



Lemon



Malaysian Tofu



Sesame Seeds



Mayonnaise



Crispy Shallots

Hands-on: 20-30 mins
Ready in: 30-40 mins

Whip up an easy and filling rice bowl that's packed with flavour. Garlic rice forms the base, with a nutty marinated tofu on top plus snow peas for colour and crunch. With a toasted sesame dressing to bring the dish together, this is a magical medley!

Pantry items

Olive Oil, Butter, Sesame Oil (optional), Soy Sauce, Sugar, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	2 bunches
lemon	½	1
Malaysian tofu	1 packet	2 packets
sesame seeds	1 sachet	2 sachets
mayonnaise	1 packet (100g)	2 packets (200g)
sesame oil* (optional)	1 tbs	2 tbs
soy sauce*	3 tsp	1½ tbs
sugar*	1 tsp	2 tsp
rice wine vinegar*	2 tsp	1 tbs
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4311kJ (1030Cal)	794kJ (189Cal)
Protein (g)	27.6g	5.1g
Fat, total (g)	63.1g	11.6g
- saturated (g)	12.9g	2.4g
Carbohydrate (g)	84.7g	15.6g
- sugars (g)	17.3g	3.2g
Sodium (g)	1288mg	237mg

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.



1. Cook the garlic rice

In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

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



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **carrot** and a **generous pinch of salt** and cook, stirring, until tender, **3-4 minutes**. Add the **snow peas**, **Asian greens** and the **remaining garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl.



2. Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim the **snow peas**. Roughly chop the **Asian greens**. Cut the **lemon** (see ingredients list) into wedges. Cut each piece of **Malaysian tofu** into quarters.



5. Cook the tofu

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **tofu** and cook until golden, **2 minutes** each side.



3. Make the sesame dressing

Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **sesame oil** (if using), **soy sauce**, **sugar** and **rice wine vinegar**. Mix well and set aside.



6. Serve up

Divide the garlic rice between bowls and top with the veggies, tofu and sesame dressing. Sprinkle with the **crispy shallots** and serve with the lemon wedges.

Enjoy!