



Miso-Glazed Tofu Bowl

with Baby Broccoli & Japanese Mayo

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Broccoli



Carrot



Cucumber



Japanese Tofu



Miso Paste



Mixed Sesame Seeds



Japanese Dressing



Mayonnaise



Long Red Chilli (Optional)

- Hands-on: 25-35 mins
- Ready in: 30-40 mins
- Spicy (optional long red chilli)

Enjoy a dinner that's packed with flavour in every bite. From a miso-infused sweet and savoury glaze on tasty Japanese tofu to buttery garlic rice and sautéed veggies, this bowl is a medley of flavour, colour and texture.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Brown Sugar, Sesame Oil (Optional)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
baby broccoli	1 bunch	2 bunches
carrot	1	2
cucumber	1	2
Japanese tofu	1 block	2 blocks
miso paste	½ tub (20g)	1 tub (40g)
rice wine vinegar*	2 tsp	1 tbs
brown sugar*	3 tsp	1 ½ tbs
water* (for the sauce)	1 tbs	2 tbs
mixed sesame seeds	1 sachet	2 sachets
Japanese dressing	1 tub (30g)	2 tubs (60g)
mayonnaise	1 packet (40g)	2 packets (80g)
long red chilli (optional)	1	2
sesame oil* (optional)	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3447kJ (823Cal)	672kJ (160Cal)
Protein (g)	27.2g	5.3g
Fat, total (g)	41.6g	8.1g
- saturated (g)	8.9g	1.7g
Carbohydrate (g)	80.7g	15.7g
- sugars (g)	15.9g	3.1g
Sodium (mg)	1329mg	259mg

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 the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** 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 is absorbed, **10 minutes**.

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



Cook the tofu

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **tofu** and cook, tossing, until golden, **2 minutes**. Add the **miso glaze** and cook, stirring, until well coated and thickened slightly, **1 minute**.



Get prepped

While the rice is cooking, cut the **baby broccoli** into 2cm pieces, slicing any thicker stalks in half. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **cucumber** into half-moons. Cut the **Japanese tofu** into 1cm cubes. In a small bowl, combine the **miso paste** (see ingredients), **rice wine vinegar**, **brown sugar**, **water (for the sauce)** and **mixed sesame seeds**. In a second small bowl, combine the **Japanese dressing** and **mayonnaise**.



Finish the rice

Thinly slice the **long red chilli** (if using). When the rice is done, stir the **sesame oil** (if using) through the **rice**.



Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **baby broccoli**, **carrot** and a dash of **water** and cook, tossing occasionally, until tender, **5-6 minutes**. Season with **salt**. Transfer to a bowl.



Serve up

Divide the garlic rice between bowls. Top with the miso-glazed tofu, cucumber, baby broccoli and carrot. Spoon over the Japanese mayonnaise and sprinkle with chilli (if using).

Enjoy!