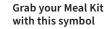
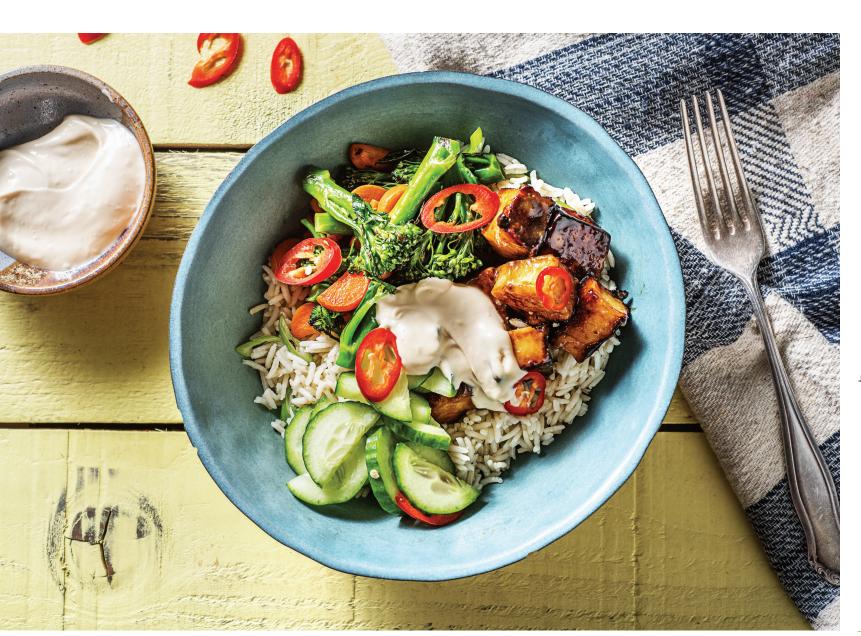
# Miso Glazed Tofu & Garlic Rice

with Baby Broccoli & Japanese Mayo

















Cucumber



Japanese Tofu





Mayonnaise





Japanese Dressing



Long Red Chilli (Optional)



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

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 dish is a medley of flavour, colour and texture.

#### 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
basmati rice	1 medium packet	1 large packet	
water* (for the rice)	1½ cups	3 cups	
salt*	1/4 tsp	½ tsp	
baby broccoli	1 bunch	2 bunches	
carrot	1	2	
cucumber	1	2	
Japanese tofu	1 packet	2 packets	
miso paste	½ packet	1 packet	
rice wine vinegar*	2 tsp	1 tbs	
brown sugar*	3 tsp	1½ tbs	
water* (for the sauce)	1 tbs	2 tbs	
mixed sesame seeds	1 medium packet	1 large packet	
Japanese dressing	1 packet	2 packets	
mayonnaise	1 packet (40g)	2 packets (80g)	
long red chilli (optional)	1	2	
sesame oil* (optional)	2 tsp	1 tbs	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
3546kJ (848Cal)	694kJ (166Cal)
30g	5.9g
41.9g	8.2g
8.9g	1.7g
82.3g	16.1g
17g	16.1g
1343mg	263mg
	3546kJ (848Cal) 30g 41.9g 8.9g 82.3g 17g

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 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!



#### Get prepped

While the rice is cooking, trim the **baby broccoli** and cut into thirds, slicing any thicker stalks in half. Thinly slice the **carrot** 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**.



# Cook the veggies

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



### Cook the tofu

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



#### Finish the rice

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



#### 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.

# Enjoy!

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