

Miso-Glazed Tofu & Garlic Rice 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)



Japanese Tofu

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (optional long red chilli)

Naturally Gluten-Free
Not suitable for coeliacs

From the miso-infused sweet and savoury glaze on the tender Japanese tofu, to the buttery garlic rice and crisp sautéed veggies, this vibrant dish delivers the perfect balance of flavours and textures.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
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 glaze)	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)
long red chilli (optional)	1	2
sesame oil* (optional)	2 tsp	1 tbs
Japanese tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3542kJ (847Cal)	694kJ (166Cal)
Protein (g)	29.9g	5.9g
Fat, total (g)	41.9g	8.2g
- saturated (g)	8.9g	1.7g
Carbohydrate (g)	82.2g	16.1g
- sugars (g)	17g	3.3g
Sodium (mg)	1078mg	211mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4274kJ (1022Cal)	700kJ (167Cal)
Protein (g)	47.9g	7.8g
Fat, total (g)	51.4g	8.4g
- saturated (g)	10.1g	1.7g
Carbohydrate (g)	86.8g	14.2g
- sugars (g)	17.8g	2.9g
Sodium (mg)	1373mg	225mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 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. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. 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!



4 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 mixture** and cook, stirring, until the tofu is well coated and the glaze is slightly thickened, **1 minute**.

CUSTOM RECIPE

Cook the tofu in batches for the best results, using 1/2 the glaze for the first batch, and the remaining glaze for the second batch.



2 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**, the **water (for the glaze)** and **mixed sesame seeds**. In a second small bowl, combine the **Japanese dressing** and **mayonnaise**.

CUSTOM RECIPE

If you've doubled your tofu, make sure to double the amount of vinegar, brown sugar and the water you use for the glaze. If making for 2 people, use the whole packet of miso too!



5 Prep the chilli & finish the rice

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



3 Cook the veggies

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



6 Serve up

Divide the garlic rice between bowls. Top with the miso-glazed tofu, cucumber, baby broccoli and carrot and a dollop of Japanese mayo. Sprinkle with the chilli to serve.

Enjoy!

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