Miso-Glazed Tofu & Garlic Rice Bowl

with Baby Broccoli & Japanese Mayo

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Cucumber





Japanese Tofu





Japanese Dressing



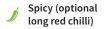
Long Red Chilli (Optional)



Mayonnaise

Hands-on: 25-35 mins

Ready in: 30-40 mins **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.



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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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!



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.



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!



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.



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)



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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