



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



Long Chilli (Optional)



Mixed Sesame Seeds



Japanese Dressing



Japanese Tofu



Miso Paste



Mayonnaise

Prep in: **25-35** mins
Ready in: **30-40** mins

From the sweet and savoury miso 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
long chilli (optional)	½	1
Japanese tofu	1 packet	2 packets
miso paste	½ packet	1 packet
rice wine vinegar*	½ tbs	1 tbs
brown sugar*	1 tbs	2 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)
sesame oil* (optional)	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3545kJ (847Cal)	691kJ (165Cal)
Protein (g)	29.8g	5.8g
Fat, total (g)	41.9g	8.2g
- saturated (g)	8.9g	1.7g
Carbohydrate (g)	82.4g	16.1g
- sugars (g)	17.6g	3.4g
Sodium (mg)	1078mg	210mg

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.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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

4



Cook the tofu

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

2



Get prepped

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

5



Finish the rice

- When the rice is ready, stir through **sesame oil** (if using).

3



Cook the veggies

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

6



Serve up

- Divide garlic rice between bowls.
- Top with miso-glazed tofu, cucumber, baby broccoli and carrot.
- Dollop over the Japanese mayo. Sprinkle with chilli to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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