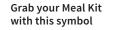


# Miso-Glazed Tofu & Garlic Rice

with Veggies & Japanese Mayo

**CLIMATE SUPERSTAR** 













Carrot

Green Beans





Cucumber

Long Chilli (Optional)

Mixed Sesame



Miso Paste



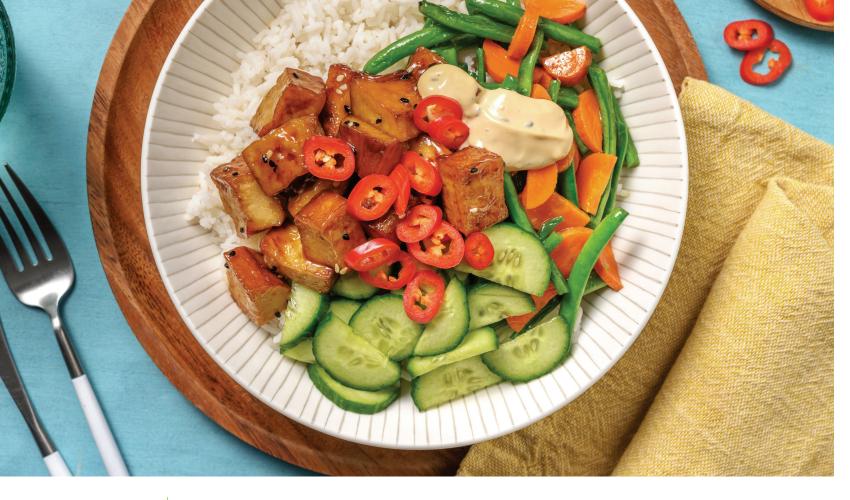
Japanese Tofu



Mayonnaise



Japanese Dressing



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

Eat Me Early

Custom Posite Custom Recipe only 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.

You'll also need to give your veggies a wash.

### You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

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	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
green beans	1 small bag	1 medium bag
carrot	1	2
cucumber	1	2
long chilli	1/2	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 medium packet	1 large packet
sesame oil* (optional)	½ tbs	1 tbs
chicken breast**	1 small packet	1 large packet

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3455kJ (826Cal)	730kJ (174Cal)
Protein (g)	24.5g	5.2g
Fat, total (g)	42.2g	8.9g
- saturated (g)	9.5g	2g
Carbohydrate (g)	82.9g	17.5g
- sugars (g)	18.6g	3.9g
Sodium (mg)	1240mg	262mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4216kJ (1008Cal)	661kJ (158Cal)
Protein (g)	57.7g	9g
Fat, total (g)	47.5g	7.4g
- saturated (g)	11.2g	1.8g
Carbohydrate (g)	82.9g	13g
- sugars (g)	18.6g	2.9g
Sodium (mg)	1328mg	208mg

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.

#### We're here to help!

Scan here if you have any questions or concerns

2022 | CW44



# 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!



# 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.

**Custom Recipe:** Before cooking tofu, return frying pan to a high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to the bowl with the veggies.



# Get prepped

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

Custom Recipe: If you've added chicken, cut chicken into 2cm chunks.



# Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook green beans and carrot with a dash of water, tossing occasionally, until tender, 4-5 minutes.
- Season with **salt**. Transfer to a bowl and cover to keep warm.



# Finish the garlic rice

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



## Serve up

- Divide garlic rice between bowls.
- Top with miso-glazed tofu, cucumber, green beans and carrot.
- · Dollop with Japanese mayo. Sprinkle with chilli to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate