



# Miso-Glazed Tofu & Garlic Rice

with Veggies & Japanese Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Green Beans



Carrot



Cucumber



Long Chilli (Optional)



Mixed Sesame Seeds



Japanese Tofu



Miso Paste



Japanese Dressing



Mayonnaise



Chicken Breast

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

Eat Me Early  
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.

**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.

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

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>garlic</b>	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
green beans	1 small bag	1 medium bag
carrot	1	2
cucumber	1	2
long chilli ✓ (optional)	½	1
Japanese tofu	1 packet	2 packets
miso paste	½ packet	1 packet
<b>rice wine vinegar*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b> (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
<b>sesame oil*</b> (optional)	½ tbs	1 tbs
chicken breast**	1 small packet	1 large packet

\*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](https://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



## Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
3. 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.
4. 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

1. Return frying pan to medium-high heat with a drizzle of **olive oil**.
2. Cook **tofu**, tossing, until golden, **2 minutes**.
3. 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

1. While the rice is cooking, trim and halve **green beans**. Thinly slice **carrot** into half-moons.
2. Thinly slice **cucumber** into half-moons. Thinly slice **long chilli** (if using). Cut **Japanese tofu** into 2cm cubes. Set aside.
3. 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**.
4. In a second small bowl, combine **Japanese dressing** and **mayonnaise**.

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



## Finish the garlic rice

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



## Cook the veggies

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



## Serve up

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

## Rate your recipe

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