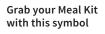


with Veggies & Japanese Mayo

CLIMATE SUPERSTAR















Green Beans Carrot



Asian Greens





Mixed Sesame



(Optional)

Japanese Tofu



Ponzu Sauce



Japanese Dressing



Mayonnaise



Prep in: 25-35 mins Ready in: 30-40 mins From the sweet and savoury ponzu 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, Vinegar (White Wine or Rice Wine), 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	
Asian greens	1 bag	2 bags	
long chilli ∮ (optional)	1/2	1	
Japanese tofu	1 packet	2 packets	
ponzu sauce	1 medium packet	1 large packet	
vinegar* (white wine or rice wine)	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	
Japanese tofu**	1 packet	2 packets	
*Pantry Items ** Custom Recipe Ingredient			

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Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3563kJ (852Cal)	722kJ (173Cal)
Protein (g)	122g	24.7g
Fat, total (g)	45.7g	9.3g
- saturated (g)	9.7g	2g
Carbohydrate (g)	80.9g	16.4g
- sugars (g)	19.1g	3.9g
Sodium (mg)	1303mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4200kJ (1004Cal)	708kJ (169Cal)
Protein (g)	233.6g	39.4g
Fat, total (g)	54.2g	9.1g
- saturated (g)	11g	1.9g
Carbohydrate (g)	84.5g	14.2g
- sugars (g)	22.2g	3.7g
Sodium (mg)	1776mg	299mg

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.

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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!



Get prepped

- While the rice is cooking, trim and halve green beans. Thinly slice carrot into half-moons. Roughly chop Asian greens.
- Thinly slice long chilli (if using). Cut Japanese tofu into 2cm cubes. Set aside.
- In a small bowl, combine **ponzu sauce**, the 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 doubled your tofu, make sure to double the amount of vinegar. brown sugar and the water (for the glaze) that you combine with the ponzu sauce.



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. Add Asian greens and cook until wilted. 1-2 minutes.
- Season with salt. Transfer to a bowl and cover to keep warm.



Cook the tofu

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



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 ponzu-glazed tofu and veggies.
- · Dollop with Japanese mayo. Sprinkle with chilli to serve. Enjoy!

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