



Sesame-Crumbed Tofu & Soy Greens

with Ginger Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Zucchini



Asian Greens



Mayonnaise



Japanese Tofu



Ginger Paste



Jasmine Rice



Mixed Sesame Seeds



Panko Breadcrumbs



Crushed Peanuts



Chicken Breast

Hands-on: 30-40 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe Only

You've never had tofu like this before! The sesame seed and panko coating gets lovely and golden in the pan, with the sesame adding a mild nutty flavour and aroma. Jazz up the rice with zingy ginger, add some peanuts for crunch, and you have a vegetarian dish that will exceed everyone's expectations!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Butter, Plain Flour, Egg

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
zucchini	1	2
Asian greens	1 bag	2 bags
mayonnaise	1 packet (40g)	1 packet (100g)
soy sauce* (for the sauce)	½ tsp	1 tsp
Japanese tofu	1 packet	2 packets
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
mixed sesame seeds	1 large packet	2 large packets
panko breadcrumbs	½ medium packet	1 medium packet
soy sauce* (for the veg)	1½ tsp	3 tsp
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3808kJ (910Cal)	862kJ (206Cal)
Protein (g)	37.2g	8.4g
Fat, total (g)	44.5g	10.1g
- saturated (g)	10g	2.3g
Carbohydrate (g)	86.1g	19.5g
- sugars (g)	4.3g	19.5g
Sodium (mg)	1775mg	402mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3826kJ (914Cal)	755kJ (180Cal)
Protein (g)	52.2g	10.3g
Fat, total (g)	40g	7.9g
- saturated (g)	10.4g	2.1g
Carbohydrate (g)	81.5g	16.1g
- sugars (g)	3.5g	0.7g
Sodium (mg)	1572mg	310mg

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



Get prepped

Finely chop the **garlic**. Thinly slice the **zucchini** into half-moons. Roughly chop the **Asian greens**. In a small bowl, combine the **mayonnaise** and **soy sauce (for the sauce)**. Cut the **Japanese tofu** into 1cm pieces.

CUSTOM RECIPE

If you've swapped to chicken breast, place the chicken between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm thick.



Cook the tofu

In large frying pan, heat enough **olive oil** to coat the base over a medium-high heat. When the oil is hot, cook the **tofu**, turning occasionally, until golden **5-7 minutes**. Transfer to a plate lined with paper towel.

CUSTOM RECIPE

Heat the pan as above. When the oil is hot, cook the crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan!



Cook the ginger rice

In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **ginger paste** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Cook the soy greens

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **zucchini**, tossing, until tender, **4-5 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Add the **garlic** and **soy sauce (for the veg)** and cook until fragrant, **1 minute**.



Crumb the tofu

While the rice is cooking, combine the **plain flour** and the **salt** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **mixed sesame seeds** and **panko breadcrumbs** (see ingredients). Gently dip the **tofu pieces into** the seasoned **flour**, then into the **egg** and finally in the **breadcrumbs**. Set aside on a plate.

CUSTOM RECIPE

Crumb the chicken the same way as the tofu.



Serve up

Divide the ginger rice, soy greens and sesame-crumbed Japanese tofu between plates. Sprinkle with the **crushed peanuts**. Serve with the soy mayo.

Enjoy!

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