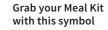


# Sticky Tofu & Garlicky Veg Rice Bowl with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR

















Japanese Tofu



Plant-Based Asian Mushroom Sauce



**Ginger Paste** 





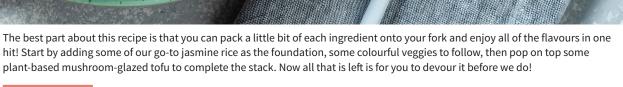
Crispy Shallots

**Pantry items** 

Brown Sugar

Olive Oil, Plant-Based Butter,





# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid  $\cdot$  Large frying pan

# Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
plant-based butter*	20g	40g	
carrot	1	2	
capsicum	1	2	
garlic	1 clove	2 cloves	
Japanese tofu	1 packet	2 packets	
plant-based Asian mushroom sauce	1 medium sachet	1 large packet	
ginger paste	1 medium packet	1 large packet	
brown sugar*	½ tbs	1 tbs	
plant-based aioli	1 packet	2 packets	
crispy shallots	1 medium packet	1 large packet	
chicken breast**	1 small packet	2 small packets	

# \*Pantry Items \*\*Custom Recipe Ingredient Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3308kJ (791Cal)	734kJ (175Cal)
Protein (g)	23.1g	5.1g
Fat, total (g)	39.8g	8.8g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	89.9g	20g
- sugars (g)	21.2g	4.7g
Sodium (mg)	1628mg	361mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4068kJ (972Cal)	661kJ (158Cal)
Protein (g)	56.4g	9.2g
Fat, total (g)	45g	7.3g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	89.9g	14.6g
- sugars (g)	21.2g	3.4g
Sodium (mg)	1716mg	279mg

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.



#### Cook the rice

- In a medium saucepan, add the water and bring to the boil. Add jasmine rice, stir, cover with a lid and reduce the heat to low.
- Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
- Stir the **plant-based butter** through the rice.

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



# Get prepped

- While the rice is cooking, thinly slice carrot into half-moons.
- Roughly chop capsicum.
- Finely chop garlic.
- Cut Japanese tofu into 2cm chunks.

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



# Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook carrot and capsicum, tossing, until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
   Season to taste. Transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to help speed up the cooking process.



# Make the sauce

 While the veggies are cooking, in a small bowl, combine plant-based Asian mushroom sauce, ginger paste and the brown sugar. Set aside.



# Cook the tofu

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook tofu, tossing, until browned, 3-4 minutes.
- Add mushroom sauce mixture and cook until slightly reduced, 1 minute.

**Custom Recipe:** Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 2-3 minutes. Add tofu and continue with step as above.



# Serve up

- Divide rice, sticky tofu and garlicky veggies between bowls.
- Drizzle with plant-based aioli. Sprinkle over crispy shallots to serve. Enjoy!

