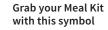


Sticky Tofu & Garlicky Veg Rice Bowl with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR

















Japanese Tofu







Ginger Paste





Crispy Shallots



The best part about this recipe is that you can pack a little bit of each ingredient onto your fork and enjoy all of the flavours in one hit! Start by adding some of our go-to jasmine rice as the foundation, some colourful veggies to follow, then pop on top some plant-based mushroom-glazed tofu to complete the stack. Now all that is left is for you to devour it before we do!

Prep in: 20-30 mins

Ready in: 35-45 mins

Pantry items

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

9			
	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	1 large packet	
*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!

