

Sweet Chilli & Ginger Tofu Rice Bowl

with Slaw & Pickled Cucumber

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Sweetcorn



Sweet Chilli Sauce



Cornflour



Crushed Peanuts



Ginger Paste



Firm Tofu



Mayonnaise




Slaw Mix



Chicken Breast

Prep in: **20-30 mins**
Ready in: **30-40 mins**

 Eat Me Early*
*Custom Recipe only

This veg-forward rice bowl has protein in the shape of tofu cubes and peanuts. The tofu is cooked in a sweet and spicy glaze that drips extra flavour on everything. Move over bland tofu, this bowl is bursting with flavour.

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

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce (Or Gluten Free Tamari Soy Sauce)

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
sweetcorn	1 tin (125g)	1 tin (300g)
sweet chilli sauce	1 packet (50g)	2 packets (100g)
ginger paste	1 medium packet	1 large packet
soy sauce* (or <i>gluten free tamari soy sauce</i>)	1 tbs	2 tbs
firm tofu	½ packet	1 packet
cornflour	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	1 packet (100g)
slaw mix	1 small bag	1 large bag
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)	3323kJ (794Cal)	695kJ (166Cal)
Protein (g)	26g	5.4g
Fat, total (g)	28.3g	5.9g
- saturated (g)	7.9g	1.7g
Carbohydrate (g)	100.7g	21.1g
- sugars (g)	19.5g	4.1g
Sodium (mg)	977mg	204mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3707kJ (885Cal)	668kJ (159Cal)
Protein (g)	45.3g	8.2g
Fat, total (g)	31.6g	5.7g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	98.7g	17.8g
- sugars (g)	19.5g	3.5g
Sodium (mg)	1065mg	192mg

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.

We're here to help!

Scan here if you have any questions or concerns



1 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 the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until 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!



4 Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, shake excess **cornflour** off **tofu** and cook, turning occasionally, until golden, **5-7 minutes**.
- Add **sweet chilli-ginger sauce mixture**, tossing to coat, **1 minute**.

TIP: For best results, cook the tofu in batches if your pan is getting crowded.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Add sauce as above.



2 Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into rounds.
- In a medium bowl, combine **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!



5 Make the slaw

- While tofu is cooking, in a large bowl, combine **mayonnaise**, a drizzle of **olive oil**, a splash of **pickling liquid** and a pinch of **salt** and **pepper**.
- Add **sweetcorn** and **slaw mix**, tossing to combine.



3 Get prepped

- While cucumber is pickling, drain **sweetcorn**.
- In a small bowl, combine **sweet chilli sauce**, **ginger paste** and **soy sauce**.
- Pat **firm tofu** (see ingredients) dry, then cut into 1cm pieces.
- In a second medium bowl, combine **cornflour**, **tofu** and a generous pinch of **salt** and **pepper**.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Combine chicken with cornflour and seasoning as above.



6 Serve up

- Drain cucumber. Divide garlic rice, sweet chilli and ginger tofu, slaw and pickled cucumber between bowls.
- Spoon over any sauce from the pan. Top with **crushed peanuts** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate