



KOREAN TOFU BIBIMBAP

with Garlic Aioli Dressing



Make an Asian
ginger sauce



Jasmine Rice



Garlic



Ginger



Lemon



Carrot



Asian Greens



Sugar Snap Peas



Japanese Tofu



Garlic Aioli



Chilli Flakes (Optional)



Sesame Seeds

Hands-on: **30** mins
Ready in: **35** mins
Spicy (optional chilli flakes)

Holy aioli! Why is it that putting garlic aioli on something instantly makes it incredible? That's not to say that this medley of tofu, garlicky veg and fried egg wouldn't be great anyway. But it really is the crowning glory of this dish!

Pantry Staples: Olive Oil, Soy Sauce, Honey, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan with a lid, fine grater, vegetable peeler, two small bowls, spoon, medium frying pan, wooden spoon, plate, aluminium foil** and a **spatula**.



1 COOK THE RICE

Rinse the **Jasmine rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** Refrain from lifting the lid as this allows steam to escape and slows down the cooking process.



2 GET PREPPED

While the rice is cooking, peel and finely grate the **garlic**. Finely grate the **ginger**. Slice the **lemon (use suggested amount)** into wedges. Peel the **carrot** into ribbons using a vegetable peeler. Roughly chop the **Asian greens**. Trim the ends of the **sugar snap peas**. Slice the **Japanese tofu** into 1 cm strips.



3 MAKE THE ASIAN GINGER SAUCE

In a small bowl, combine the **garlic, ginger, soy sauce, honey** and **warm water (for the sauce)**. Set aside.

In a separate small bowl, combine the **garlic aioli, a pinch of chilli flakes** (if using) and a **small squeeze of lemon juice**. Mix together, taste and add a little more lemon juice if you like. Set aside.



4 COOK THE VEGGIES

While the rice is cooking, heat a good **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **carrot, Asian greens** and **sugar snap peas** to the pan and cook for **1-2 minutes**, or until just softened. Pour over the **Asian-ginger sauce** and cook for **1 minute** to combine. Set aside on a plate and cover with foil to keep warm. Add the **tofu** to the same frying pan and cook for **2-3 minutes** on each side, or until cooked through. Transfer to the same plate to keep warm.



5 COOK THE EGGS

Return the medium frying pan to a medium-high heat. Add a drizzle of **olive oil** and crack in the eggs. Cook for **4-5 minutes**, or until the yolk is cooked to your liking.



6 SERVE UP

Divide the Jasmine rice and Korean tofu bibimbap between bowls. Top with the fried eggs and drizzle with the garlic aioli sauce. Sprinkle over the **sesame seeds** and remaining chilli flakes (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|-----------------------------|------------------|---------------------|
| olive oil* | refer to method | refer to method |
| Jasmine rice | 1 packet (¾ cup) | 2 packets (1½ cups) |
| water* (for the rice) | 1¼ cups | 2½ cups |
| garlic | 1 clove | 2 cloves |
| ginger | 1 knob | 2 knobs |
| lemon | ½ | 1 |
| carrot | 1 | 2 |
| Asian greens | 1 bunch | 2 bunches |
| sugar snap peas | 1 bag | 1 bag |
| Japanese tofu | 1 block (200 g) | 2 blocks (400 g) |
| soy sauce* | 2 tbs | ¼ cup |
| honey* | 3 tsp | 1½ tbs |
| warm water* (for the sauce) | 1 tbs | 2 tbs |
| garlic aioli | 1 tub (50 g) | 2 tubs (100 g) |
| chilli flakes | pinch | pinch |
| eggs* | 2 | 4 |
| sesame seeds | 1 sachet | 2 sachets |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3540kJ (846Cal) | 545kJ (130Cal) |
| Protein (g) | 36.9g | 5.7g |
| Fat, total (g) | 40.7g | 6.3g |
| - saturated (g) | 5.6g | 0.9g |
| Carbohydrate (g) | 80.3g | 12.4g |
| - sugars (g) | 13.4g | 2.1g |
| Sodium (g) | 1490mg | 230mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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