



# Tofu & Veggie Poke Bowl

with Toasted Sesame Dressing & Pickled Cucumber

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Japanese Tofu



Carrot



Asian Greens



Long Red Chilli (Optional)



Sesame Seeds



Mayonnaise



Thai Seven Spice Blend



Crispy Shallots

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
 Spicy (optional long red chilli)

We love poke bowls, because they're so easy to customise with your favourite flavours. This veggie version uses Japanese tofu, Asian greens, carrot and cucumber, with a nutty sesame sauce to tie the whole thing together.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Sesame Oil (optional), Soy Sauce, Sugar



## 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 · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
Japanese tofu	1 block	2 blocks
carrot	1	2
Asian greens	1 bunch	2 bunches
long red chilli (optional)	½	1
sesame seeds	2 sachets	4 sachets
mayonnaise	1 packet (40g)	2 packets (80g)
sesame oil* (optional)	2 tsp	1 tbs
soy sauce*	1½ tsp	3 tsp
sugar*	1 tsp	2 tsp
Thai seven spice blend	½ sachet	1 sachet
crispy shallots	1 sachet	2 sachets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3440kJ (821Cal)	755kJ (180Cal)
Protein (g)	28.6g	6.3g
Fat, total (g)	42.7g	9.4g
- saturated (g)	10.8g	2.4g
Carbohydrate (g)	77.3g	17.0g
- sugars (g)	9.8g	2.2g
Sodium (g)	833mg	183mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

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



## 4. Make the sesame dressing

Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **sesame oil** (if using), **soy sauce**, the **sugar** and some of the **pickling liquid (1 tsp for 2 people / 2 tsp for 4 people)**. Mix well and set aside.



## 2. Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber**. In a small bowl, combine the **cucumber**, **rice wine vinegar**, a **generous pinch** of **salt** and **sugar**, and add **enough water** to ensure the cucumber is covered. Set aside until just before serving.



## 3. Get prepped

While the cucumber is pickling, cut the **Japanese tofu** into 2cm cubes. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using).



## 5. Cook the tofu

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook, tossing, until golden, **4 minutes**. Add the **Thai seven spice blend** (see ingredients list) and toss until coated and fragrant. Transfer to a plate. Heat a **drizzle** more **olive oil** in the pan, then add the **carrot** and cook until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



## 6. Serve up

Drain the pickled cucumber. Divide the garlic rice between bowls and top with the tofu, carrot and Asian greens. Spoon over the toasted sesame dressing and garnish with the pickled cucumber, chilli (if using) and **crispy shallots**.

**Enjoy!**