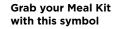
# Tofu & Veggie Poke Bowl

with Toasted Sesame Dressing & Pickled Cucumber











**Basmati Rice** 





Cucumber





Carrot



Long Red Chilli



(Optional)



Mayonnaise



Thai Seven Spice Blend



**Crispy Shallots** 

#### **Pantry items**

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

long red chilli)

#### **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

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	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*	⅓ cup	½ cup
Japanese tofu	1 block	2 blocks
carrot	1	2
Asian greens	1 bunch	2 bunches
long red chilli (optional)	1/2	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

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3440kJ</b> (821Cal)	<b>755kJ</b> (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 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!



#### 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).



# 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.



# 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!**