



# Tofu & Veggie Poke Bowl

with Garlic Rice, Sesame Dressing & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Onion



Japanese Tofu



Carrot



Asian Greens



Southeast Asian Spice Blend



Sweet Chilli Sauce



Long Red Chilli (Optional)



Sesame Dressing



Crispy Shallots

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

We love poke! It's so easy to customise with your favourite flavours. This veggie version is brimming with Japanese tofu and tender Asian greens, plus carrot for natural sweetness and an extra pop of colour. Bring it all together with our creamy sesame dressing and a sprinkle of crispy shallots. Simply delicious.

## Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce

## 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 · Large 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 medium packet	1 large packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar* (for the pickle)	¼ cup	½ cup
Japanese tofu	1 block	2 blocks
carrot	1	2
Asian greens	1 bag	2 bags
Southeast Asian spice blend	½ sachet	1 sachet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
soy sauce*	½ tbs	1 tbs
long red chilli (optional)	½	1
sesame dressing	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3345kJ (799Cal)	634kJ (151Cal)
Protein (g)	26.5g	5g
Fat, total (g)	37g	7g
- saturated (g)	8.6g	1.6g
Carbohydrate (g)	85.1g	16.1g
- sugars (g)	19.5g	3.7g
Sodium (mg)	1476mg	280mg

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](https://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

Finely chop the **garlic**. 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 is absorbed, **10 minutes**.

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



### Cook the tofu

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **tofu**, tossing, until golden, **4 minutes**. Add the **Southeast Asian spice blend** (see ingredients) and cook, tossing to coat, until fragrant, **1 minute**. Transfer to a plate.



### Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **onion**, **rice wine vinegar (for the pickle)** and a generous pinch of **salt** and **sugar**. Add just enough **water** to cover the onion. Set aside.



### Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot**, tossing, until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Remove from the heat, then add the **sweet chilli sauce** and **soy sauce**. Toss to coat.



### Get prepped

While the onion is pickling, cut the **Japanese tofu** into 2cm cubes. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**.



### Serve up

Thinly slice the **long red chilli** (if using). Drain the pickled onion. Divide the garlic rice between bowls. Top with the veggies and tofu. Drizzle over the **sesame dressing**. Serve garnished with the pickled onion, sliced chilli and **crispy shallots**.

Enjoy!

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