



Tofu & Veggie Poke Bowl

with Sesame Dressing & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Red Onion



Carrot



Asian Greens



Southeast Asian Spice Blend



Sweet Chilli Sauce



Long Chilli (Optional)



Crispy Shallots



Japanese Tofu



Sesame Dressing

Prep in: **25-35 mins**
Ready in: **30-40 mins**

We love poke! It's so easy to customise with your favourite flavours. This veggie version is brimming with Southeast Asian-spiced tofu, plus sweet chilli and soy-spiked veggies. Bring it all together with our creamy sesame dressing, a sprinkle of crispy shallots and a spoonful of zingy pickled onion. 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
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
Japanese tofu	1 packet	2 packets
carrot	1	2
Asian greens	1 bag	2 bags
Southeast Asian spice blend	½ medium sachet	1 medium sachet
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	½ tbs	1 tbs
long chilli (optional) 🌶️	½	1
sesame dressing	1 large packet	2 large packets
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3361kJ (803Cal)	650kJ (155Cal)
Protein (g)	26.4g	5.1g
Fat, total (g)	39.6g	7.7g
- saturated (g)	10.4g	2g
Carbohydrate (g)	87.8g	17g
- sugars (g)	20.8g	4g
Sodium (mg)	1294mg	250mg

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.

1



Cook the 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 **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 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 drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **4 minutes**.
- Add **Southeast Asian spice blend** (see ingredients) and cook, tossing, until fragrant and tofu is coated, **1 minute**. Transfer to a plate.

2



Pickle the onion

- While the rice is cooking, thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add to **pickling liquid**.
- Add enough **water** to just cover **onion**. Set aside.

5



Cook the veggies

- Return pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, tossing, until tender, **3 minutes**. Add **Asian greens** and cook until just wilted, **1-2 minutes**.
- Remove pan from heat, then add **sweet chilli sauce** and the **soy sauce**, tossing **veggies** to coat.

3



Get prepped

- Cut **Japanese tofu** into 2cm cubes.
- Thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.

6



Serve up

- Thinly slice **long chilli** (if using). Drain pickled onion.
- Divide garlic rice between bowls. Top with veggies and tofu. Drizzle with **sesame dressing**.
- Garnish with pickled onion, chilli and **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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