



Sticky Tofu & Garlicky Veg Rice Bowl

with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Capsicum



Green Beans



Garlic



Japanese Tofu



Plant-Based Asian Mushroom Sauce



Ginger Paste



Plant-Based Aioli



Crispy Shallots



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins



Plant-Based[^]
[^]Custom Recipe is not Plant-Based

Eat Me Early*
*Custom Recipe only

The best part about this recipe is that you can pack a little bit of each ingredient onto your fork and enjoy all of the flavours in one hit! Start by adding some of our go-to jasmine rice as the foundation, some colourful veggies to follow, then pop on top some plant-based mushroom-glazed tofu to complete the stack. Now all that is left is for you to devour it before we do!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid - Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
plant-based butter*	20g	40g
carrot	1	2
capsicum	1	2
green beans	1 small packet	1 medium packet
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
plant-based aioli	1 medium packet	2 medium packets
crispy shallots	1 medium sachet	1 large sachet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789Cal)	709kJ (169Cal)
Protein (g)	23.7g	5.1g
Fat, total (g)	40.6g	8.7g
- saturated (g)	7.5g	1.6g
Carbohydrate (g)	89.4g	19.2g
- sugars (g)	21g	4.5g
Sodium (mg)	1613mg	347mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4014kJ (959Cal)	637kJ (152Cal)
Protein (g)	60.3g	9.6g
Fat, total (g)	43g	6.8g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	89.6g	14.2g
- sugars (g)	21g	3.3g
Sodium (mg)	1684mg	267mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the rice

- In a medium saucepan, add the **water** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
- Stir the **plant-based butter** through the rice.

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



Make the sauces

- While the veggies are cooking, in a small bowl, combine **plant-based Asian mushroom sauce**, **ginger paste** and the **brown sugar**. Set aside.



Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Roughly chop **capsicum**.
- Trim and roughly chop **green beans**.
- Finely chop **garlic**.
- Cut **Japanese tofu** into 2cm chunks.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Cook the tofu

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Add **mushroom sauce mixture** and cook until slightly reduced, **1 minute**.

Custom Recipe: Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 2-3 minutes. Add tofu and continue with step as above, cooking for 3-4 minutes, until tofu is browned and chicken is cooked through (when no longer pink inside).



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot**, **green beans** and **capsicum**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to help speed up the cooking process.



Serve up

- Divide rice, sticky tofu and garlicky veggies between bowls.
- Drizzle with **plant-based aioli**. Sprinkle over **crispy shallots** to serve. Enjoy!

Custom Recipe: Divide rice, sticky tofu, chicken and garlicky veggies between bowls.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate