



# Sticky Tofu & Garlicky Veg Rice Bowl

with Plant-Based Aioli & Crispy Shallots

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



White Rice



Carrot



Capsicum



Green Beans



Garlic



Japanese Tofu



Plant-Based Asian Mushroom Sauce



Ginger Paste



Plant-Based Aioli



Crispy Shallots



Chicken Breast



Japanese Tofu

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

Plant Based

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 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!

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
white 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 packet	2 packets
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789cal)	351kJ (84cal)
Protein (g)	23.7g	2.5g
Fat, total (g)	40.5g	4.3g
- saturated (g)	7.5g	0.8g
Carbohydrate (g)	89.3g	9.5g
- sugars (g)	21g	2.2g
Sodium (mg)	1613mg	171.2mg
Dietary Fibre (g)	26.7g	2.8g

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

- In a medium saucepan, add the **water** and bring to the boil. Rinse and drain **white rice**.
- Add **rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10 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.



## 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**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot**, **capsicum** and **green beans**, 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

#### + DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

