



Crumbed Tofu 'Sushi' Bowl

with Garlic-Ginger Rice & Wasabi Mayo

Grab your Meal Kit
with this symbol



Ginger



Garlic



Basmati Rice



Green Beans



Capsicum



Cucumber



Lemon



Wasabi Mayonnaise
(Optional)



Mayonnaise



Japanese Tofu



Panko Breadcrumbs



Sesame Seeds



Hands-on: **25-35** mins
Ready in: **30-40** mins

Enjoy all the flavour and fun of sushi without the fuss in this easy deconstructed dish. Start with garlic-ginger rice, add crisp panko-crumbed tofu, sesame-flavoured greens and crisp cucumber, then drizzle with wasabi mayo to tie it all together.

Pantry items

Olive Oil, Butter, 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
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
cucumber	1	2
lemon	½	1
wasabi mayonnaise (optional)	1 tub (40g)	2 tubs (80g)
water* (for the mayo)	2 tsp	1 tbs
mayonnaise	1 tub (40g)	2 tubs (80g)
Japanese tofu	1 packet	2 packets
panko breadcrumbs	1 packet	2 packets
sesame seeds	1 sachet	2 sachets
soy sauce*	drizzle	drizzle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4383kJ (1047Cal)	772kJ (184Cal)
Protein (g)	32.1g	5.7g
Fat, total (g)	58.6g	10.3g
- saturated (g)	10.3g	1.8g
Carbohydrate (g)	93.1g	16.4g
- sugars (g)	10.1g	1.8g
Sodium (mg)	941mg	166mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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-ginger rice

Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a medium saucepan, heat the **butter** and a **dash** of **olive oil** over a medium heat. Add the **garlic** and **ginger** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** 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!



4. Cook the tofu

When the rice has **10 minutes** cook time remaining, heat enough oil to coat the base of a large frying pan over a medium-high heat. When the oil is hot, add the **crumbed tofu** and cook until golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel and season with **salt** and **pepper**.

TIP: Turn the tofu gently to prevent crumbs from falling off!



2. Get prepped

While the rice is cooking, trim and halve the **green beans**. Thinly slice the **capsicum**. Thinly slice the **cucumber**. Slice the **lemon (see ingredients list)** into wedges. In a small bowl, combine the **wasabi mayonnaise** (if using) and **water** (for the mayo).

TIP: Wasabi has a strong horseradish flavour so use less if you aren't a fan or add a little plain mayo from the pantry to mellow the flavour.

TIP: Adding water to the wasabi mayo will make it easier to drizzle.



5. Cook the veggies

Wipe out the frying pan with paper towel and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans** and cook until nearly tender, **3-4 minutes**. Add the **capsicum** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**.



3. Crumb the tofu

In a medium bowl, combine the **plain mayonnaise** and the pieces of **Japanese tofu**. Toss to coat. In a second medium bowl, combine the **panko breadcrumbs** and **sesame seeds**, then add the mayo-coated **tofu** to coat. Transfer to a plate.



6. Serve up

Divide the garlic & ginger rice between bowls. Top with the crumbed tofu, sesame greens, cucumber and drizzle with the wasabi mayo (if using). Squeeze over the lemon wedges and **drizzle** with a little **soy sauce** to serve.

Enjoy!