



SESAME CRUSTED TOFU

with Steamed Rice and Ginger Greens



Add a sesame seed crunch to tofu



Ginger



Green Beans



Asian Greens



Baby Bok Choy



Jasmine Rice



Mayonnaise



Vegetable Stock



Sesame Seeds



Black Sesame Seeds



Panko Breadcrumbs



Japanese Tofu



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

We just can't resist these crunchy sesame crusted tofu squares. Don't be afraid to season them very well before cooking - it will make all the difference when eating.

Pantry Staples: Olive Oil, Water, Plain Flour, Egg, Soy Sauce, Brown Sugar, Sesame Oil (Optional)

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, teaspoon, fine grater, sieve, medium saucepan** with a **lid**, **wooden spoon, three shallow bowls, fork, two plates, small bowl, aluminium foil, large frying pan, spatula** and **paper towel**.



1 GET PREPPED

Finely grate the **ginger** (unpeeled). Trim the ends off the **green beans**. Roughly chop the **Asian greens** and **baby bok choy**.



2 COOK THE RICE

Rinse the **Jasmine rice** well. Add the **water (for the rice)** to a medium saucepan, crumble in the **vegetable stock cube (use suggested amount)** and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and the water is absorbed. **TIP:** Don't lift the lid while the rice is cooking so you don't lose steam!



4 COOK THE GINGER GREENS

In a small bowl, combine the **soy sauce, brown sugar, sesame oil** and **water (for the dressing)**. Set aside. Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **ginger** and **green beans** and cook for **3 minutes**, or until tender and fragrant. Add the **Asian greens** and **baby bok choy** and cook for a further **2 minutes**, or until wilted. Season with a **pinch** of **salt** and **pepper** and set aside on a plate. Cover with foil to keep warm.



5 FRY THE TOFU

Return the large frying pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. Once hot, add the sesame coated **tofu** and fry for **1-2 minutes** on each side, or until golden. Set aside on a plate lined with paper towel to soak up any excess oil. Repeat with the remaining tofu.



3 CRUMB THE SESAME TOFU

In the first shallow bowl, combine the **plain flour** with a **generous pinch** of **salt**. In the second shallow bowl, whisk the **egg**. In the third shallow bowl, combine the **sesame seeds, black sesame seeds** and **panko breadcrumbs**. Dip the **Japanese tofu** into the flour mixture, followed by the egg, and finally in the sesame seed mixture. Set aside on a plate, ready to fry.



6 SERVE UP

Divide the steamed rice and ginger greens between bowls. Drizzle over the soy and sesame dressing and top with the sesame crusted tofu. Loosen the **mayonnaise** with a **dash** of **water** and drizzle over the tofu.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
green beans	1 bag	1 bag
Asian greens	1 bunch	2 bunches
baby bok choy	1 bunch	2 bunches
Jasmine rice	1 packet (¾ cup)	2 packets (1½ cups)
water* (for the rice)	1¼ cups	2½ cups
vegetable stock	½ cube	1 cube
plain flour*	2 tbs	½ cup
egg*	1	2
sesame seeds	1 packet	2 packets
black sesame seeds	1 packet	2 packets
panko breadcrumbs	1 packet (1 cup)	2 packets (2 cups)
Japanese tofu	1 packet	2 packets
soy sauce*	¼ cup	½ cup
brown sugar*	3 tsp	1½ tbs
sesame oil* (optional)	1½ tsp	3 tsp
water* (for the dressing)	1½ tbs	3 tbs
mayonnaise	1 tub (40 g)	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3980kJ (951Cal)	632kJ (151Cal)
Protein (g)	37.2g	5.9g
Fat, total (g)	45.2g	7.2g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	96.5g	15.3g
- sugars (g)	7.9g	1.3g
Sodium (g)	2040mg	323mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK7

HelloFRESH