

### SPANISH-STYLE TOFU & SMOKY VEGGIE RICE BOWL with Lemon



Add a touch of Spain to rice













Lemon



Spring Onion





Smoked Paprika





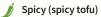
Vegetable Stock





This Spanish-style rice bowl packs a punch with spicy marinated tofu, so get ready for a fiesty tasty time. We love to top this tasty dinner with plenty of fresh spring onion for that extra flavour.





Pantry Staples: Olive Oil

# START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, garlic crusher, medium frying pan, wooden spoon, large jug, spoon and a small frying pan.



**GET PREPPED**Finely slice the **red onion**. Peel and crush the **garlic**. Thinly slice the **red capsicum**. Dice the **zucchini** into 2 cm chunks. Slice the **lemon** into wedges. Finely slice the **spring onion**.



2 COOK THE VEGGIES
Heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the red onion and cook for 4-5 minutes, or until softened. Add the smoked paprika and the garlic and cook for 1 minute, or until fragrant. Add the red capsicum and cook for 2-3 minutes. Add the zucchini and cook for a further 2 minutes, or until just tender.



In a large jug, combine the boiling water (check ingredients list for amount), tomato paste and vegetable stock cube. Stir to dissolve the stock cube, slowly pour the mixture into the pan with the vegetables and bring to a simmer. Add the basmati rice and stir to combine. Bring the mixture to the boil then reduce the heat to low and cook, stirring occasionally, for 10-15 minutes, or until the liquid has been absorbed and the rice is soft.



4 ADD THE SPICY TOFU
While the rice is cooking, heat a drizzle of olive oil in a small frying pan over a mediumhigh heat. Slice the spicy tofu into 1 cm cubes and cook for 2 minutes on each side, or until browned and warmed through. Add the tofu to the pan with the rice and stir to combine.



Squeeze over the juice from a lemon wedge \*TIP: Add as much or as little as you like depending on your taste preference.
\*TIP: Hold the lemon wedges with the pulp facing upwards rather than downwards to help catch any seeds before they land in the rice. Season to taste with a pinch of salt and pepper.



**SERVE UP**Divide the Spanish-style tofu and smoky veggie rice between bowls and top with the spring onion.

### **ENJOY!**

## INGREDIENTS

2P	4P
refer to method	refer to method
1	2
1 clove	2 cloves
1	2
1	2
1	2
1 bunch	1 bunch
1 sachet (2 tsp)	2 sachets (1 tbs)
2¼ cups	4½ cups
1/2 sachet (1 tbs)	1 sachet (2 tbs)
1 cube	2 cubes
1 packet (¾ cup)	2 packets (1½ cups)
<b>1 packet</b> (200 g)	<b>2 packets</b> (400 g)
	refer to method  1 1 clove 1 1 1 1 bunch 1 sachet (2 tsp) 2¼ cups ½ sachet (1 tbs) 1 cube 1 packet (¾ cup) 1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2340kJ (560Cal)	296kJ (71Cal)
Protein (g)	28.5g	3.6g
Fat, total (g)	11.1g	1.4g
- saturated (g)	1.4g	0.2g
Carbohydrate (g)	81.3g	10.3g
- sugars (g)	12.8g	1.6g
Sodium (g)	899mg	113mg

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

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