



SPANISH-STYLE TOFU & SMOKY VEGGIE RICE BOWL

with Lemon



Add a touch of Spain to rice



Red Onion



Garlic



Red Capsicum



Zucchini



Lemon



Spring Onion



Smoked Paprika



Tomato Paste



Vegetable Stock



Basmati Rice



Spicy Tofu

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

Spicy (spicy tofu)

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

BEFORE YOU 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**.



1 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.



3 SIMMER THE RICE

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 medium-high 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.



5 ADD A TOUCH OF LEMON

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**.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
garlic	1 clove	2 cloves
red capsicum	1	2
zucchini	1	2
lemon	1	2
spring onion	1 bunch	1 bunch
smoked paprika	1 sachet (2 tsp)	2 sachets (1 tbs)
boiling water*	2¼ cups	4½ cups
tomato paste	½ sachet (1 tbs)	1 sachet (2 tbs)
vegetable stock	1 cube	2 cubes
basmati rice	1 packet (¾ cup)	2 packets (1½ cups)
spicy tofu	1 packet (200 g)	2 packets (400 g)

*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](https://www.hellofresh.com.au/foodinfo)

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

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