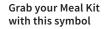


Sweet Chilli & Ginger Tofu Rice Bowl with Slaw & Pickled Cucumber

CLIMATE SUPERSTAR











Cucumber



Sweet Chilli Cornflour



Crushed Peanuts





Firm Tofu





Slaw Mix



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early* *Custom Recipe only This veg-forward rice bowl has protein in the shape of tofu cubes and peanuts. The tofu is cooked in a sweet and spicy glaze that drips extra flavour on everything. Move over bland tofu, this bowl is bursting with flavour.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce (Or Gluten Free Tamari Soy Sauce)

Before you start

Remember to wash your hands for 20 seconds. You'll also need to give your veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
water*	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
cucumber	1	2		
rice wine vinegar*	1/4 cup	½ cup		
sweetcorn	1 tin (125g)	1 tin (300g)		
sweet chilli sauce	1 packet (50g)	2 packets (100g)		
ginger paste	1 medium packet	1 large packet		
soy sauce* (or gluten free tamari soy sauce)	1 tbs	2 tbs		
firm tofu	½ packet	1 packet		
cornflour	1 medium packet	1 large packet		
mayonnaise	1 packet (40g)	1 packet (100g)		
slaw mix	1 small bag	1 large bag		
crushed peanuts	1 medium packet	1 large packet		
chicken breast**	1 small packet	1 large packet		
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3323kJ (794Cal)	695kJ (166Cal)
Protein (g)	26g	5.4g
Fat, total (g)	28.3g	5.9g
- saturated (g)	7.9g	1.7g
Carbohydrate (g)	100.7g	21.1g
- sugars (g)	19.5g	4.1g
Sodium (mg)	977mg	204mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3707kJ (885Cal)	668kJ (159Cal)
Protein (g)	45.3g	8.2g
Fat, total (g)	31.6g	5.7g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	98.7g	17.8g
- sugars (g)	19.5g	3.5g
Sodium (mg)	1065mg	192mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the garlic rice

• Finely chop garlic.

10-15 minutes.

- In a medium saucepan, melt the butter with a
 dash of olive oil over medium heat. Cook garlic
 until fragrant, 1-2 minutes. Add the water and a
 generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed,

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, shake excess cornflour off tofu and cook, turning occasionally, until golden, 5-7 minutes.
- Add sweet chilli-ginger sauce mixture, tossing to coat, 1 minute.

TIP: For best results, cook the tofu in batches if your pan is getting crowded.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Add sauce as above.



Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into rounds.
- In a medium bowl, combine rice wine vinegar and a good pinch of sugar and salt.
- Add cucumber to pickling liquid. Add enough water to just cover cucumber. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Get prepped

- While cucumber is pickling, drain **sweetcorn**.
- In a small bowl, combine sweet chilli sauce, ginger paste and soy sauce.
- Pat firm tofu (see ingredients) dry, then cut into 1cm pieces.
- In a second medium bowl, combine cornflour, tofu and a generous pinch of salt and pepper.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Combine chicken with cornflour and seasoning as above.



Make the slaw

- While tofu is cooking, in a large bowl, combine mayonnaise, a drizzle of olive oil, a splash of pickling liquid and a pinch of salt and pepper.
- Add sweetcorn and slaw mix, tossing to combine.



Serve up

- Drain cucumber. Divide garlic rice, sweet chilli and ginger tofu, slaw and pickled cucumber between bowls.
- Spoon over any sauce from the pan. Top with crushed peanuts to serve. Enjoy!

Rate your recipe

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