



(02) 8188 8722 | HelloFresh.com.au

WK30
2016



Teriyaki Garden Bowl with Black Sesame Seeds

If 'garden bowl' makes you think of tucking into a big bowl of healthy then you're on the right track with this sumptuous supper! With pre-marinated honey soy tofu and crunchy black sesame seeds, this hearty and filling outing will prove that wholesome food is still big on flavour.



Prep: 10 mins
Cook: 35 mins
Total: 45 mins



level 1



lactose free



high fibre

Pantry Items



Water



Soy Sauce



Honey



Brown Rice



Baby Bok Choy



Garlic



Ginger



Red Onion



Chinese Honey Soy Tofu



Zucchini



Sugar Snap Peas



Black Sesame Seeds

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
¾ cup	1 ½ cups	brown rice, rinsed well
3 cups	6 cups	water *
2-3	4-6	baby bok choy, sliced
1 clove	2 cloves	garlic, peeled & crushed ⊕
1 knob	2 knobs	ginger, peeled & finely grated
2 tbs	4 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	honey *
½	1	red onion, very finely sliced 🌿 ⊕
1 packet	2 packets	Chinese honey soy tofu, cut into strips
1	2	zucchini, sliced on a diagonal
150 g	300 g	sugar snap peas, ends trimmed ⊕
2 tsp	1 tbs	black sesame seeds (recommended amount)

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2410	Kj
Protein	29	g
Fat, total	14.6	g
-saturated	1.7	g
Carbohydrate	76.9	g
-sugars	20.3	g
Sodium	1000	mg



You will need: sieve, chef's knife, chopping board, garlic crusher, vegetable peeler, fine grater, sieve, medium saucepan, medium bowl, large wok and a small bowl.



1 Place the **brown rice** and the **water** into a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **25-30 minutes** or until the brown rice is soft. Add the **baby bok choy** in the last **2 minutes**. Drain. Return the brown rice and baby bok choy back to the saucepan, off the heat and cover to keep warm.

2 In a medium bowl, combine the **garlic**, **ginger**, **salt-reduced soy sauce**, **honey** and **red onion**. Set aside.



3 Heat a dash of vegetable oil in a large wok over a medium-high heat. Add the **Chinese honey soy tofu** and cook, stirring, for **2 minutes** or until golden. Remove and set aside in a small bowl. Add the **zucchini** and **sugar snap peas** and cook, stirring, for **1-2 minutes** or until they begin to soften. Add the soy and honey mixture and cook, stirring, until the mixture begins to thicken. Return the tofu to the pan and cook for **1 minute**, or until heated through.



4 To serve, divide the rice and baby bok choy between bowls. Top with the teriyaki tofu and vegetables. Garnish with the **black sesame seeds**.

Did you know? Bok choy may remind you of celery but it is actually a member of the cabbage family!