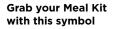
# Chinese Tofu & Garlic-Ginger Rice Bowl

with Sesame Sweet Chilli Sauce













**Jasmine Rice** 



Chinese Tofu





Capsicum





**Snow Peas** 

**Asian Greens** 



Sesame Seeds



Sweet Chilli Sauce



Hands-on: 25-35 mins Ready in: 30-40 mins **Pantry items** Olive Oil, Butter, Soy Sauce

## **Before you start**

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan with a lid · Medium frying pan

#### Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water*	1¼ cups	2½ cups
salt*	1/4 tsp	½ tsp
jasmine rice	1 packet	2 packets
Chinese tofu	1 packet	2 packets
capsicum	1	2
snow peas	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	2 bunches
long red chilli (optional)	1/2	1
sesame seeds	1 sachet	2 sachets
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (100g)

<sup>\*</sup>Pantry Items

#### Nutrition

	Per Serving	Per 100g
Energy (kJ)	<b>3572kJ</b> (853Cal)	<b>642kJ</b> (153Cal)
Protein (g)	29.1g	5.2g
Fat, total (g)	42g	7.6g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	85.3g	15.3g
- sugars (g)	21.6g	3.9g
Sodium (mg)	1470mg	264mg

#### **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.



## 1. Cook the garlic-ginger rice

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add the **ginger** and **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water** and the **salt** to the pan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



# 4. Cook the tofu

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **capsicum** and **Chinese tofu** and cook, tossing, until browned, **4-5 minutes**. Add the **remaining soy sauce** and stir to coat. Transfer to a bowl and cover to keep warm.



## 2. Get prepped

While the rice is cooking, cut the **Chinese tofu** into 2cm pieces. Thinly slice the **capsicum**. Trim and thinly slice the **snow peas** length ways. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using).



#### 3. Make the sauce

Heat a medium frying pan over a mediumhigh heat. Add the **sesame seeds** and toast, tossing, until golden, **2-3 minutes**. Transfer the **sesame seeds** to a medium bowl. Add the **sweet chilli sauce** and **1/2** the **soy sauce** to the bowl. Combine well.



# 5. Cook the greens

Return the frying pan to a medium-high heat. Add the **snow peas** and **Asian greens** and cook until just tender and wilted, **2 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Season to taste.



#### 6. Serve up

Divide the garlic-ginger rice between bowls. Top with the tofu and greens. Spoon over the sesame sauce and mayonnaise. Garnish with the chilli (if using).

**Enjoy!**