



Chinese Tofu & Garlic-Ginger Rice Bowl

with Sesame Sweet Chilli Sauce

Grab your Meal Kit with this symbol



Garlic



Ginger



Jasmine Rice



Chinese Tofu



Capsicum



Snow Peas



Asian Greens



Long Red Chilli (Optional)



Sesame Seeds



Sweet Chilli Sauce



Mayonnaise

Hands-on: 25-35 mins
Ready in: 30-40 mins

If you're familiar with bibimbap, the Korean "mixed rice" dish, then you'll love this Chinese-inspired version. So, divvy up the fragrant rice, pile on the toppings and then mix it all together for a glorious fusion of flavours and textures.

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

	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*	¼ 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)	½	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)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3572kJ (853Cal)	642kJ (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](https://www.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).



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.



3. Make the sauce

Heat a medium frying pan over a medium-high 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.



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!