



# MISO-GLAZED TOFU BOWL

with Broccoli & Japanese Mayo



Make a miso glaze



Garlic



Basmati Rice



Broccoli



Carrot



Cucumber



Korean Tofu



Miso Paste



Mixed Sesame Seeds



Japanese Dressing



Mayonnaise



Spring Onion



Long Red Chilli (Optional)

- Hands-on: **25-35 mins**
- Ready in: **30-40 mins**
- Spicy (optional long red chilli)

Enjoy a dinner that's packed with flavour in every bite. From a miso-infused sweet and savoury glaze on tasty Japanese tofu to buttery garlic rice and sautéed veggies, this hearty bowl is a medley of flavour, colour and texture.

**Pantry Staples:** Olive Oil, Butter, Rice Wine Vinegar, Brown Sugar, Sesame Oil (Optional)

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** with a **lid** • **large frying pan**



### 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.  
 🌱 **TIP:** The rice will finish cooking in its own steam so don't peek!



### 4 COOK THE TOFU

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook, tossing, until golden, **2 minutes**. Add the **miso glaze** and cook, stirring often, until well coated and thickened slightly, **1 minute**.



### 2 GET PREPPED

While the rice is cooking, cut the **broccolini** into 2cm pieces, slicing any thicker stalks in half. Thinly slice the **carrot** (unpeeled) and **cucumber** into half-moons. Reserving the marinade in a bowl, drain the **Korean tofu** and cut into 1cm cubes. In a small bowl, combine the **miso paste (see ingredients list)**, **rice wine vinegar**, **brown sugar**, **water (for the sauce)** and **mixed sesame seeds**. In a second small bowl, combine the **Japanese dressing** and **mayonnaise**.



### 5 FINISH THE RICE

Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). When the rice is done, stir through the **spring onion** and **sesame oil** (if using).



### 3 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **broccolini**, **carrot**, the **reserved Korean marinade** and a **dash** of **water** and cook, tossing occasionally, until tender, **5-6 minutes**. Season with **salt**. Transfer to a bowl and cover to keep warm.



### 6 SERVE UP

Divide the garlic rice between bowls. Top with the miso-glazed tofu, cucumber, broccolini and carrot. Spoon over the Japanese mayo and garnish with the chilli (if using).

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
broccolini	1 bunch	2 bunches
carrot	1	2
cucumber	1 (medium)	1 (large)
Korean tofu	1 block	2 blocks
miso paste	½ packet (20g)	1 packet (40g)
rice wine vinegar*	2 tsp	4 tsp
brown sugar*	2 tsp	4 tsp
water* (for the sauce)	4 tsp	2½ tbs
mixed sesame seeds	1 sachet	2 sachets
Japanese dressing	1 packet (30g)	2 packets (60g)
mayonnaise	1 packet (40g)	2 packets (80g)
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
sesame oil* (optional)	2 tsp	4 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3370kJ (805Cal)	690kJ (165Cal)
Protein (g)	27.4g	5.6g
Fat, total (g)	37.1g	7.6g
- saturated (g)	7.4g	1.5g
Carbohydrate (g)	86.8g	17.8g
- sugars (g)	26.3g	5.4g
Sodium (g)	1370mg	280mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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