



Southeast Asian Tofu Bowl

with Ginger Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Ginger



Carrot



Asian Greens



Peking Marinated Tofu



Coriander



Garlic Aioli



Sweet Chilli Sauce



Southeast Asian Spice Blend



Crispy Shallots

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

We love rice bowls because they're so easy to customise with your favourite flavours. This veggie version uses Peking marinated tofu, Asian greens, carrot and cucumber, with a sweet chilli sauce to tie the whole thing together.

Pantry items

Olive Oil, Butter, Vinegar (White wine or Rice Wine), 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 packet	1 packet
Peking marinated tofu	1 packet	2 packets
coriander	1 bunch	1 bunch
garlic aioli	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 packet (25g)	1 packet (50g)
soy sauce*	2 tsp	4 tsp
Southeast Asian spice blend	1 sachet	2 sachets
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3400kJ (812Cal)	632kJ (151Cal)
Protein (g)	28.5g	5.3g
Fat, total (g)	32.0g	6.0g
- saturated (g)	5.0g	0.9g
Carbohydrate (g)	98.2g	18.3g
- sugars (g)	27.2g	5.1g
Sodium (g)	1620mg	302mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 **water (for the rice)**, **jasmine rice** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook until softened, **3-4 minutes**. Add the **Asian greens**, **ginger** and **soy sauce** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.



2. Pickle the cucumber

Thinly slice the **cucumber** into half-moons. In a small bowl, combine the **vinegar**, **water (for the pickle)** and a **generous pinch** of **sugar** and **salt**. Add the **cucumber** to the pickling liquid and stir to coat. Set aside until serving.



5. Cook the tofu

While the veggies are cooking, combine the **Southeast Asian spice blend** and a **generous pinch** of **salt** in a medium bowl. Add the **tofu** and toss to combine. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook, tossing occasionally, until browned and warmed through, **4-5 minutes**.



3. Get prepped

Finely grate the **ginger**. Cut the **carrot** (unpeeled) into thin matchsticks. Roughly chop the **Asian greens**. Drain the **Peking marinated tofu** and pat dry with paper towel. Cut the **tofu** into 2cm cubes. Roughly chop the **coriander**. In a small bowl, combine the **garlic aioli** and **sweet chilli sauce**. Set aside.



6. Serve up

Drain the pickled cucumber. Divide the garlic rice between bowls. Top with the ginger veggies, Southeast Asian tofu and pickled cucumber. Drizzle over the sweet chilli mayo. Garnish with the **crispy shallots** and coriander.

Enjoy!