



Sweet Chilli Tofu & Coconut Rice

with Veggies & Spring Onion

NEW

Grab your meal kit with this number

40



Coconut Milk



Vegetable Stock Powder



Jasmine Rice



Asian Greens



Carrot



Celery



Spring Onion



Firm Tofu



Sweet Soy Seasoning



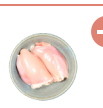
Sweet Chilli Sauce



Coriander



Chicken Breast



Chicken Thigh

Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 40-50 mins



You'll be off to visit your happy place when you get a taste of this dish. Sweet with a touch of spice, that's how we're cooking up the tofu tonight, with a deliciously decadent sweet chilli sauce. For even more flavour, we've upgraded to sticky coconut rice for the ultimate pairing.

Pantry items

Olive Oil, Plain Flour

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 medium packet	2 medium packets
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
jasmine rice	1 medium packet	1 large packet
Asian greens	1 packet	2 packet
carrot	1	2
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
firm tofu	½ packet	1 packet
sweet soy seasoning	2 medium sachets	4 medium sachets
plain flour*	1 tbs	2 tbs
sweet chilli sauce	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1735kJ (415Cal)	326kJ (78Cal)
Protein (g)	18.2g	3.4g
Fat, total (g)	23.9g	4.5g
- saturated (g)	17.1g	3.2g
Carbohydrate (g)	59.4g	11.1g
- sugars (g)	21.3g	4g
Sodium (mg)	1391mg	261mg
Dietary Fibre (g)	10.5g	2g

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



1



Cook the coconut rice

- In a medium saucepan, add **coconut milk**, the **water** and **vegetable stock powder** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **15 minutes**, then remove pan from 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!

3



Cook the veggies and tofu

- When the rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **celery**, tossing, until tender, **4-5 minutes**. Add **Asian greens** and cook until tender, **1-2 minutes**. Season and transfer to a bowl.
- Return frying pan to medium-high heat with a generous drizzle of **olive oil**. Cook seasoned **tofu**, tossing until browned and warmed through, **4-5 minutes**.
- Remove from heat, then add **sweet chilli sauce** and toss until coated.

2



Get prepped

- Meanwhile, roughly chop **Asian greens**. Thinly slice **carrot** into half-moons. Thinly slice **celery** and **spring onion**.
- Pat **firm tofu** (see ingredients) dry with paper towel and cut into 1cm cubes.
- In a medium bowl combine **tofu**, **sweet soy seasoning** and the **plain flour**.

4



Serve up

- Divide coconut rice between bowls.
- Top with veggies and tofu.
- Tear over **coriander** and garnish with spring onion to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Before cooking the veggies, cook until cooked through, 4-6 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Before cooking the veggies, cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

