



Sweet Chilli-Glazed Tofu Poke Bowl

with Radish Slaw & Spring Onion

NEW

Grab your meal kit with this number

40



Garlic Paste



Jasmine Rice



Sriracha



Mayonnaise



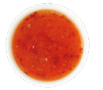
Firm Tofu



Spring Onion



Sweet Soy Seasoning



Sweet Chilli Sauce



Radish



Shredded Cabbage Mix



Ponzu Sauce



Chicken Breast Strips



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

We love poke bowls because they're so versatile, you can add whatever you like! This veggie version has golden nuggets of tofu glazed in sweet-chilli sauce, along with a crunchy and fresh ponzu slaw, garlic rice and a drizzle of sriracha mayo to tie the whole thing together.

Pantry items

Olive Oil, Butter, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 small packet	1 medium packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
firm tofu	½ packet	1 packet
spring onion	1 stem	2 stems
sweet soy seasoning	1 medium sachet	2 medium sachets
plain flour*	2 tsp	4 tsp
sweet chilli sauce	1 medium packet	1 large packet
radish	2	4
shredded cabbage mix	1 medium packet	1 large packet
ponzu sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2234kJ (534Cal)	565kJ (135Cal)
Protein (g)	16.4g	4.1g
Fat, total (g)	30g	7.6g
- saturated (g)	9.1g	2.3g
Carbohydrate (g)	48.3g	12.2g
- sugars (g)	19.7g	5g
Sodium (mg)	1337mg	338mg
Dietary Fibre (g)	2.8g	0.7g

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 | CW32



1



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

3



Cook the tofu

- When rice has **5 minutes** remaining, heat a generous drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **tofu**, tossing, until golden, **3-5 minutes**.
- Remove pan from heat, then add **sweet chilli sauce**, tossing **tofu** to coat.

2



Get prepped

- Meanwhile, combine **sriracha** and **mayonnaise** in a small bowl. Season to taste. Set aside.
- Cut **firm tofu** (see ingredients) into 1cm cubes. Thinly slice **spring onion**.
- In a medium bowl, combine **tofu**, **sweet soy seasoning** and the **plain flour**. Toss to coat.

4



Make the slaw & serve up

- Meanwhile, thinly slice **radish**. In a large bowl combine **shredded cabbage mix**, radish, **ponzu sauce** and a drizzle of olive oil. Season to taste.
- Divide garlic rice between bowls.
- Top with radish slaw and sweet chilli-glazed tofu.
- Drizzle with sriracha mayo. Garnish with spring onion to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST STRIPS

Cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.

+ ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

