



Sweet-Soy Tofu & Greens Poke Bowl

with Japanese Dressing & Pickled Cucumber

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Vegetable Stock Powder



Jasmine Rice



Cucumber



Celery



Asian Greens



Firm Tofu



Sweet Soy Seasoning



Japanese Dressing



Chicken Breast



Beef Strips

Prep in: 25-35 mins
Ready in: 30-40 mins

Plant Based

Carb Smart

We love poke bowls because they're so easy to customise with your favourite flavours. This veggie version uses marinated tofu, Asian greens and cucumber, with a Japanese dressing to tie the whole thing together.

Pantry items

Olive Oil, Vinegar (White Wine Or Rice Wine), 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
water*	1¼ cups	2½ cups
vegetable stock powder	1 medium sachet	1 large sachet
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
celery	1 stalk	2 stalks
Asian greens	1 packet	2 packets
firm tofu	½ packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
plain flour*	2 tsp	4 tsp
Japanese dressing	1 packet	2 packets
soy sauce*	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2036kJ (486Cal)	373kJ (89Cal)
Protein (g)	29.2g	5.4g
Fat, total (g)	22.6g	4.1g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	38.3g	7g
- sugars (g)	5.9g	1.1g
Sodium (mg)	1060mg	194mg
Dietary Fibre (g)	5g	0.9g

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.



Cook the rice

- In a medium saucepan, add 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 **12 minutes**, then remove from heat and set aside, covered, until 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!



Prep the Tofu

- Cut **firm tofu** (see ingredients) into 2cm cubes.
- In a second medium bowl, combine **tofu**, **sweet-soy seasoning** and the **plain flour**. Toss to coat.



Pickle the cucumber

- Meanwhile, thinly slice **cucumber**.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Add **cucumber** to **pickling liquid** with just enough **water** to cover **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Cook the tofu

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **celery** until tender, **2-3 minutes**.
- Add **Asian greens** and cook, tossing, until wilted, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.
- Return the frying pan to medium-high heat with a generous drizzle of **olive oil**. Cook **tofu**, tossing, until golden, **3-5 minutes**.



Get prepped

- Thinly slice **celery**.
- Roughly chop **Asian greens**.



Serve up

- Drain pickled cucumber.
- Divide rice between bowls.
- Top with veggies, pickled cucumber and sweet-soy tofu.
- Drizzle over **Japanese dressing** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 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.

