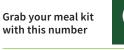


Sweet-Soy Tofu & Greens Poke Bowl with Sesame Seeds & Pickled Cucumber

CLIMATE SUPERSTAR









Vegetable Stock Powder





Cucumber





Asian Greens





Sweet Soy Seasoning



Sesame Seeds







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



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 sprinkle of sesame seeds 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

9		
	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)	1/4 cup	½ cup
celery	1 stalk	2 stalks
Asian greens	1 packet	2 packets
plain tofu	½ packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
plain flour*	2 tsp	4 tsp
sesame seeds	1 large sachet	2 large sachets

^{*}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!



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!



Get prepped

- · Thinly slice celery.
- · Roughly chop Asian greens.
- Pat plain tofu (see ingredients) dry with a paper towel, then cut into 2cm cubes.



Cook the vegaies

- In a large frying, heat a drizzle of olive oil over medium-high heat. 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.



Cook the tofu

- · Return the frying pan to medium-high heat with a generous drizzle of olive oil. Cook tofu, turning occasionally, **4-5 minutes**.
- Add sweet soy seasoning and cook, turning to coat, until fragrant, 1 minute.



Serve up

- Drain pickled cucumber.
- · Divide rice between bowls.
- · Top with veggies, pickled cucumber and sweet-soy tofu.
- Sprinkle over sesame seeds to serve. Enjoy!



We're here to help!