



Teriyaki Tofu & Garlic Rice

with Veggies & Crispy Shallots

NEW

Grab your meal kit with this number

34



Garlic



Jasmine Rice



Carrot



Asparagus



Plain Tofu



Sweet Soy Seasoning



Teriyaki Sauce



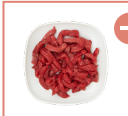
Crispy Shallots



Coriander



Chicken Breast



Beef Strips

Recipe Update

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

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

Protein Rich

Calorie Smart

This teriyaki tofu is drawing us in, sweet and savoury and far too hard to resist! Go ahead and give in, fill up your bowls with rice, stir-fried veggies and of course, the all important teriyaki tofu. Pile it high and dig in!

Pantry items

Olive Oil, Butter, Soy Sauce, Rice Wine Vinegar

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
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
carrot	1	2
asparagus	1 bunch	2 bunches
plain tofu	½ packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
rice wine vinegar*	drizzle	drizzle
crispy shallots	1 medium sachet	1 large sachet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2272kJ (543Cal)	393kJ (93Cal)
Protein (g)	32.6g	5.6g
Fat, total (g)	20.2g	3.5g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	53.5g	9.3g
- sugars (g)	17.6g	3g
Sodium (mg)	1828mg	316mg
Dietary Fibre (g)	8.3g	1.4g

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 | CW44



1 Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- 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!



2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Trim ends of **asparagus**.
- Pat dry **plain tofu** (see ingredients) with a paper towel, then cut into 2cm chunks.



3 Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **tofu**, turning occasionally, until golden, **4-5 minutes**.
- Add **sweet soy seasoning** and toss until fragrant, **1 minute**. Transfer to a plate.



4 Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **asparagus**, tossing, until tender, **6-7 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.



5 Bring it all together

- Add **teriyaki sauce**, the **soy sauce**, a drizzle of **rice wine vinegar** and a splash of **water**. Toss to combine.



6 Serve up

- Divide garlic rice between bowls.
- Top rice with teriyaki tofu and veggies.
- Sprinkle over **crispy shallots**.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into 2cm chunks. 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.

