

American BBQ Tofu & Charred Corn Bowl

with Garlic Rice & Plant-Based Mayo

Grab your meal kit with this number

7



Garlic



Basmati Rice



Tomato



Baby Leaves



Plain Tofu



Sweetcorn



All-American Spice Blend



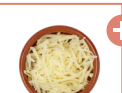
BBQ Sauce



Sriracha



Plant-Based Mayo



Shredded Cheddar Cheese



Chicken Breast

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

Calorie Smart

Plant Based

We're cooking up tonight's little tofu cubes in a lavish dark sauce. Smokey-sweet BBQ sauce and hot sriracha come together for a flavourful marinade that packs a punch. Pull it together with garlic rice and charred corn, plus a dollop of creamy mayo for a taste of decadence in a bowl!

Pantry items

Olive Oil, Plant-Based Butter, White 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	2 cloves	4 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
tomato	1	2
baby leaves	1 small packet	1 medium packet
plain tofu	½ packet	1 packet
sweetcorn	1 medium tin	1 large tin
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	1 large packet
sriracha	1 medium packet	2 medium packets
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2571kJ (614Cal)	735kJ (175Cal)
Protein (g)	19.2g	5.5g
Fat, total (g)	22.6g	6.5g
- saturated (g)	7.4g	2.1g
Carbohydrate (g)	81.8g	23.4g
- sugars (g)	15.1g	4.3g
Sodium (mg)	1253mg	358mg
Dietary Fibre (g)	2.3g	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 | CW52



Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
3. Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
4. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.



Cook the tofu

1. In a second medium bowl, combine **tofu** and **All-American spice blend**.
2. Return frying pan to medium-high heat with a generous drizzle of **olive oil**. Cook **tofu**, tossing occasionally, until browned and warmed through **4-5 minutes**.
3. Remove from heat, then add **BBQ sauce**, **sriracha** and a splash of **water**. Toss to coat.



Get prepped

1. Meanwhile, roughly chop **tomato** and **baby leaves**.
2. Pat **plain tofu** (see ingredients) dry with paper towel and cut into 2cm cubes.
3. Drain **sweetcorn**.



Toss the salsa

1. Meanwhile, add **tomato**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil** to the **charred corn**.
2. Season and toss to combine.



Char the corn

1. Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

1. Divide garlic rice between bowls. Top with American BBQ tofu and charred corn salsa.
2. Spoon over any remaining sauce from the pan.
3. Serve with **plant-based mayo**. Enjoy!

CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

+ ADD CHICKEN BREAST
Cut into bite-sized pieces. 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.

