



Tom Yum Tofu & Garlic Rice

with Mushrooms & Asian Veggies

NEW

Grab your meal kit with this number

7



Garlic



Jasmine Rice



Asian Greens



Mushrooms



Spring Onion



Firm Tofu



Tom Yum Paste



Chilli Flakes (Optional)

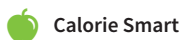


Pork Mince



Beef Mince

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



Thai food at home? We say yes please! On the menu tonight, we have tofu, cooked in fragrant tom yum paste, with fluffy garlic rice and veggies. Throw out your takeaway menus, you won't be needing them anymore.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

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
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
Asian greens	1 packet	2 packets
mushrooms	1 medium packet	1 large packet
spring onion	1 stem	2 stems
firm tofu	½ packet	1 packet
tom yum paste	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
sesame oil*	1 tsp	2 tsp
chilli flakes  (optional)	1 pinch	1 pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2185kJ (522Cal)	520kJ (124Cal)
Protein (g)	21.3g	5.1g
Fat, total (g)	16.7g	4g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	68.1g	16.2g
- sugars (g)	4.1g	1g
Sodium (mg)	1068mg	254mg
Dietary Fibre (g)	6.7g	1.6g

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.

1



Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook **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 all the water is absorbed, **10-15 minutes**.

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

4



Start the tofu

- When rice has **15 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **mushrooms** and white ends of **spring onion** and cook until just browned and softened, **4-5 minutes**.
- Add **tofu** and gently toss until heated through, **1-2 minutes**.
- Add **Asian greens** and cook until wilted, **1 minute**.

2



Prep the veggies

- Meanwhile, roughly chop **Asian greens**.
- Thinly slice **mushrooms** and **spring onion** (including the white ends).

3



Prep the tofu

- Cut **firm tofu** (see ingredients) into 2cm chunks.

5



Finish the tofu

- Reduce heat to low and stir in **tom yum paste**, the **soy sauce**, the **sesame oil** and a splash of **water**.
- Simmer until slightly reduced, **2-3 minutes**. Season to taste.

6



Finish & serve

- Divide garlic rice and tom yum tofu and veggies between bowls.
- Garnish with a pinch of **chilli flakes** (if using) and remaining spring onion. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS



ADD PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



ADD BEEF MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

