



Crumbed Tofu & Katsu Sauce

with Garlic Rice & Soy Veggies

Grab your Meal Kit with this symbol



Garlic



Spring Onion



Jasmine Rice



Carrot



Baby Corn Spears



Panko Breadcrumbs



Katsu Paste



Peking Marinated Tofu



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **30-40** mins
Ready in: **35-45** mins

Tofu is a must-have ingredient in a veggie recipe, but that doesn't mean you can't have a little fun with it. Try crumbing the tofu in panko breadcrumbs for a bit of crunch and texture. A dark katsu sauce drizzled on top and a bunch of veggies, you will never want tofu and rice any other way.

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
spring onion	1 stem	2 stems
butter*	40g	80g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
Peking marinated tofu	1 packet	2 packets
carrot	1	2
baby corn spears	1 tin	2 tins
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
soy sauce*	1 tsp	2 tsp
katsu paste	1 packet	1 packet
water* (for the sauce)	¾ cup	1½ cups

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4127kJ (986Cal)	628kJ (150Cal)
Protein (g)	37.5g	5.7g
Fat, total (g)	36.4g	5.5g
- saturated (g)	13.6g	2.1g
Carbohydrate (g)	123.5g	18.8g
- sugars (g)	19.4g	3g
Sodium (mg)	1960mg	298mg

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**. Thinly slice **spring onion**.
- In a medium saucepan, heat 1/2 the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** to the pan 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 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!

4



Cook the tofu

- Wipe out the frying pan, then return to high heat with enough **olive oil** to cover the base.
- Cook crumbed **tofu** in batches, until golden and cooked through, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches if necessary.

2



Get prepped

- Meanwhile, drain **Peking marinated tofu** and pat dry. Cut each **tofu** block into quarters.
- Thinly slice **carrot** into half-moons. Drain **baby corn spears**.
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **tofu** first in the **flour**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.

5



Make the katsu sauce

- Wipe out the frying pan, then return to low heat.
- Cook **katsu paste**, **water (for the sauce)** and remaining **butter**, stirring, until reduced slightly, **3-4 minutes**.

3



Cook the veggies

- In a large frying pan heat a drizzle of **olive oil** over medium-high heat. Cook **baby corn** and **carrot** until tender, **2-3 minutes**.
- Add remaining **garlic** and cook until fragrant, **2-3 minutes**.
- Remove from heat, then add the **soy sauce** and stir to combine. Season to taste, transfer to a bowl and cover to keep warm.

6



Serve up

- Divide garlic rice between plates.
- Top with soy veggies and crumbed tofu.
- Spoon katsu sauce over tofu. Garnish with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW37



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