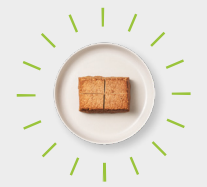




GINGER TOFU & SWEET CHILLI RICE BOWL

with Green Beans



Add lots of
flavour to tofu



Jasmine Rice



Ginger



Garlic



Carrot



Asian Greens



Green Beans



Japanese Tofu



Sweet Chilli
Sauce



Black Sesame
Seeds



Chilli Flakes
(Optional)

Hands-on: **30** mins
Ready in: **35** mins
Spicy (optional chilli
flakes)

Bowl food must be one of our favourite food trends – and we think it's here to stay! Simply start with a bed of jasmine rice, then top it with lightly cooked veggies, flavoursome tofu and a fried egg. Finishing with a drizzle of sweet chilli sauce takes this bowl to the next level – come and jump on the trend train with us!

Each week, we search the country to source the best produce, with a focus on seasonality, quality, and variety. This week's snow peas were not up to our quality standards so we've replaced them with green beans. Don't worry, the recipe will be just as delicious!

Pantry Staples: Olive Oil, Soy Sauce, Honey, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **medium frying pan**



1 COOK THE RICE

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for **10-15 minutes**, or until the rice is tender and all the water is absorbed.

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



2 PREP THE VEG & TOFU

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Peel the **carrot** into ribbons using a vegetable peeler. Roughly chop the **Asian greens**. Trim and halve the **green beans**. Cut each **Japanese tofu** piece in half.



3 MAKE THE GINGER SAUCE

In a small bowl, combine the **garlic, ginger, soy sauce, honey** and **water (for the sauce)**. Set aside.



4 COOK THE VEGGIES

Heat a **good drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **carrot, Asian greens** and **green beans** to the pan and cook for **2-3 minutes**, or until just softened. Transfer to a plate and cover to keep warm. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook for **2-3 minutes** on each side, or until heated through. Add the **ginger sauce** and cook, stirring, for **1 minute** to combine. Transfer to the same plate to keep warm.



5 COOK THE EGGS

Wash out the pan, then return to a medium-high heat with a **drizzle** of **olive oil** and crack in the **eggs**. Cook for **4-5 minutes**, or until the yolk is cooked to your liking.



6 SERVE UP

Divide the rice between bowls and top with the veggies and garlic-ginger tofu. Top with the fried egg and drizzle with **sweet chilli sauce**. Sprinkle with the **black sesame seeds (see ingredients list)** and a **pinch** of **chilli flakes** (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 bunch	2 bunches
green beans	1 bag (100 g)	1 bag (200 g)
Japanese tofu	1 block	2 blocks
soy sauce*	4 tsp	2 ½ tbs
honey*	4 tsp	2 ½ tbs
water* (for the sauce)	4 tsp	2 ½ tbs
eggs*	2	4
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
black sesame seeds	½ sachet	1 sachet
chilli flakes (optional)	pinch	pinch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (702Cal)	639kJ (153Cal)
Protein (g)	35.9g	7.8g
Fat, total (g)	19.1g	4.1g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	93.2g	20.3g
- sugars (g)	24.8g	5.4g
Sodium (g)	1130mg	245mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2019 | WK9

