



Korean-Style Tofu & Garlic Brown Rice

with Sesame Greens & Sriracha Mayo

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Baby Broccoli



Carrot



Asian Greens



Cornflour



Sesame Seeds



Korean Stir-Fry Sauce



Ginger & Lemongrass Paste



Sriracha



Plant-Based Mayo



Firm Tofu

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

Plant Based

If you're familiar with bibimbap, the Korean "mixed rice" dish, then you'll love this HelloFresh plant-based version. So, divvy up the fragrant brown rice, pile on the tofu and toppings, then mix it all together for a glorious fusion of flavours and textures.

Pantry items

Olive Oil, Plant-Based Butter, Sesame Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown rice	1 packet	2 packets
plant-based butter*	20g	40g
firm tofu	½ packet	1 packet
baby broccoli	1 bag	1 bag
carrot	1	2
Asian greens	1 bunch	2 bunches
cornflour	1 packet	2 packets
sesame seeds	1 sachet	1 sachet
sesame oil*	drizzle	drizzle
Korean stir-fry sauce	1 medium packet	1 large packet
ginger & lemongrass paste	½ packet (20g)	1 packet (40g)
sriracha	1 packet (20g)	1 packet (40g)
plant-based mayo	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	605kJ (145Cal)
Protein (g)	21g	4.2g
Fat, total (g)	32.3g	6.5g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	80.8g	16.2g
- sugars (g)	14.6g	2.9g
Sodium (mg)	1194mg	240mg

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 brown rice

- Finely chop **garlic**.
- Half-fill a medium saucepan with **water**. Add **brown rice** and a generous pinch of **salt**.
- Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain **rice** and set aside.
- Return the saucepan to medium heat with the **plant-based butter** and a dash of **olive oil**. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Return **rice** to the saucepan and stir to combine. Remove from heat.

4



Cook the tofu

- Wipe out the frying pan, then return to medium-high heat with a generous drizzle of **olive oil**. Cook **tofu**, tossing occasionally, until browned and warmed through, **3-5 minutes**.
- Reduce heat to medium, then add **Korean stir-fry sauce** and **ginger & lemongrass paste** (see ingredients) and cook, stirring, until coated, **1 minute**.

2



Get prepped

- Meanwhile, pat **firm tofu** (see ingredients) dry with paper towel. Cut **tofu** into 2cm cubes. Trim and halve **baby broccoli** lengthways. Thinly slice **carrot** into sticks. Roughly chop **Asian greens**.
- In a medium bowl, add **tofu** and **cornflour**. Season with **salt** and **pepper**, then gently toss until well coated. Set aside.

5



Make the sriracha mayo

- While the tofu is cooking, combine **sriracha** and **plant-based mayo** in a small bowl. Season to taste.

3



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, **carrot** and **sesame seeds** until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic**. Cook until garlic is fragrant and greens have just wilted, **2 minutes**.
- Add a drizzle of **sesame oil** and season. Transfer to a plate and cover to keep warm.

6



Serve up

- Divide garlic brown rice between bowls. Top with sesame veggies and Korean-style tofu.
- Dollop over sriracha mayo to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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