

Peking Marinated Tofu

with Sesame Rice & Aromatic Coconut Sauce

Grab your Meal Kit
with this symbol



Jasmine Rice



Carrot



Broccolini



Lemon



Garlic



Ginger



Peking Marinated
Tofu






Sesame Seeds



Coconut Milk



Long Red Chilli
(Optional)

 Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Spicy (optional
long red chilli)

We love rice bowls because they're so easy to customise with your favourite flavours. This veggie version uses Peking-style tofu, broccolini, carrot and ginger, with a drizzle of fragrant coconut sauce to tie the whole thing together.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
salt*	¼ tsp	½ tsp
carrot	1	2
broccolini	1 bunch	1 bunch
lemon	½	1
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
Peking marinated tofu	1 packet	2 packets
sesame seeds	1 sachet	1 sachet
coconut milk	1 tin (200ml)	1 tin (400ml)
soy sauce*	½ tbs	1 tbs
brown sugar*	½ tbs	1 tbs
long red chilli (optional)	½	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3683kJ (880Cal)	659kJ (157Cal)
Protein (g)	31.8g	5.7g
Fat, total (g)	39.5g	7.1g
- saturated (g)	19.7g	3.5g
Carbohydrate (g)	96g	17.2g
- sugars (g)	22.6g	4g
Sodium (mg)	1297mg	232mg

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.



Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add the **jasmine rice** and the **salt**, 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 until the 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!*



Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim the **broccolini** and cut into 2cm pieces. Zest the **lemon** to get a pinch, then slice into wedges. Finely chop the **garlic**. Finely grate the **ginger**. Drain the **Peking marinated tofu**, then cut the tofu into 2cm chunks.



Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and **broccolini** and cook until softened, **5-6 minutes**. Season with **salt** and **pepper**, then transfer to a plate.



Cook the tofu

Return the frying pan to a medium-high heat with a drizzle more **olive oil**. Cook the **tofu**, tossing, until browned, **4 minutes**. Transfer to the plate with the veggies.



Make the coconut sauce

Return the frying pan to a medium heat (no need to wash it!) with a small drizzle of **olive oil** if needed. Add the **lemon zest**, **garlic** and **ginger** and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **soy sauce** and **brown sugar** and simmer, scraping up any tofu bits from the base of the pan, until thickened slightly, **3-4 minutes**. Add a squeeze of **lemon juice** to taste.



Serve up

Thinly slice the **long red chilli** (if using). Stir the toasted sesame seeds through the rice and season to taste. Divide the sesame rice between bowls and top with the Peking tofu and veggies. Spoon over the coconut sauce and garnish with the chilli. Serve with any remaining lemon wedges.

Enjoy!