



Peking Marinated Tofu & Sesame-Garlic Rice

with Aromatic Coconut Sauce

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Peking Marinated Tofu



Sweet Soy Seasoning



Coconut Milk



Sesame Seeds



Ginger & Lemongrass Paste



Fresh Chilli (Optional)

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **25-35 mins**
Ready in: **30-40 mins**



Plant Based



Spicy (optional fresh chilli)

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

Pantry items

Olive Oil, Plant-Based Butter, 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
garlic	4 cloves	8 cloves
plant-based butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
Asian greens	1 bag	2 bags
Peking marinated tofu	1 packet	2 packets
sweet soy seasoning	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
brown sugar*	½ tsp	1 tsp
coconut milk	1 box (200ml)	1 tin (400ml)
sesame seeds	1 sachet	1 sachet
ginger & lemongrass paste	1 packet	1 packet
fresh chilli (optional)	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4183kJ (999Cal)	678kJ (162Cal)
Protein (g)	31.4g	5.1g
Fat, total (g)	50.8g	8.2g
- saturated (g)	25.3g	4.1g
Carbohydrate (g)	100.8g	16.3g
- sugars (g)	25.3g	4.1g
Sodium (mg)	1800mg	292mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, heat the **plant-based butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** 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 from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



Cook the tofu

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



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Reserve the **Peking marinade** (1 tbs for 2 people / 2 tbs for 4 people), then cut the **Peking marinated tofu** into 2cm cubes. In a medium bowl, combine the **tofu**, **sweet soy seasoning** and a drizzle of **olive oil**. Set aside. In a small bowl, combine the reserved **Peking marinade**, the **soy sauce**, the **brown sugar** and **coconut milk**. Set aside.



Make the coconut sauce

Return the frying pan to a medium heat with a small drizzle of **olive oil**. Cook the **ginger & lemongrass paste** and remaining **garlic**, stirring, until fragrant, **1 minute**. Add the **coconut sauce mixture** and simmer. Scrape any tofu bits from the base of the pan and stir until thickened slightly, **1-2 minutes**.



Cook the veggies

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a second small bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until tender, **4-5 minutes**. Add the **Asian greens** and cook until wilted, **2-3 minutes**. Season with **salt** and **pepper**, then transfer to a plate and cover to keep warm.



Serve up

Thinly slice the **fresh chilli** (if using). Stir the toasted sesame seeds through the garlic rice and season to taste. Divide the sesame-garlic rice between bowls and top with the Peking tofu and veggies. Spoon over the coconut sauce and garnish with the chilli to serve.

Enjoy!