



Peking Marinated Tofu & Garlic Rice Bowl

with Crushed Peanuts & Soy Mayo

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Carrot



Asian Greens



Spring Onion



Peking Marinated Tofu



Mayonnaise



Crushed Peanuts

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

We love poke bowls, because they're so easy to customise with your favourite flavours. This veggie version uses Peking-style tofu, Asian greens, carrot and cucumber, with a soy mayo to tie the whole thing together.

Pantry items

Olive Oil, Butter, 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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cucumber	1 (medium)	1 (large)
carrot	1	2
Asian greens	1 packet	1 packet
spring onion	1 stem	2 stems
Peking marinated tofu	1 block	2 blocks
soy sauce*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (100g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (836Cal)	692kJ (165Cal)
Protein (g)	30.7g	6.1g
Fat, total (g)	40.0g	7.9g
- saturated (g)	9.0g	1.8g
Carbohydrate (g)	85.3g	16.9g
- sugars (g)	18.5g	3.7g
Sodium (mg)	1420mg	281mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



2. Get prepped

While the rice is cooking, thinly slice the **cucumber** and **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Reserve the **Peking marinade**, then cut the **tofu** into 1cm cubes.



3. Cook the veggies

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook until tender, **4 minutes**. Add the **Asian greens** and cook slightly wilted, **1-2 minutes**. Add **2/3** of the **soy sauce** and season with **pepper**. Transfer to a bowl along with the **spring onion** and cover to keep warm.



4. Cook the tofu

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook, tossing, until browned and warmed through, **4 minutes**. Add the **reserved Peking marinade** and stir until heated through, **1 minute**.



5. Make the soy mayo

While the tofu is cooking, combine the **mayonnaise** and **remaining soy sauce** in a small bowl.



6. Serve up

Divide the garlic rice, veggies, cucumber and Peking tofu between bowls. Drizzle over the soy mayo and garnish with the **crushed peanuts**.

Enjoy!