



Tofu & Veggie Poke Bowl

with Toasted Sesame Dressing & Cucumber

Grab your Meal Kit with this symbol



Vegetable Stock



Basmati Rice



Cucumber



Carrot



Asian Greens



Long Green Chilli (Optional)



Peking Marinated Tofu



Sesame Seeds



Mayonnaise



Crispy Shallots

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

Spicy (optional long green chilli)

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 nutty sesame dressing to tie the whole thing together.

Pantry items

Olive Oil, Soy Sauce, Sugar, Rice Wine Vinegar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
basmati rice	1 packet	2 packets
cucumber	1 (medium)	1 (large)
carrot	1	2
Asian greens	1 packet	1 packet
long green chilli (optional)	½	1
Peking marinated tofu	1 block	2 blocks
sesame seeds	2 sachets	4 sachets
mayonnaise	1 packet (100g)	2 packets (200g)
soy sauce*	1 tbs	2 tbs
sugar*	1 tsp	2 tsp
rice wine vinegar*	1 tsp	2 tsp
crispy shallots	1 sachet	2 sachets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4280kJ (1020Cal)	740kJ (177Cal)
Protein (g)	29.2g	5.1g
Fat, total (g)	56.6g	9.8g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	94.9g	16.4g
- sugars (g)	25.2g	4.4g
Sodium (g)	2020mg	351mg

Allergens

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



1. Cook the rice

In a medium saucepan, bring the **water** and the crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove from the heat and set aside, 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. Prep the veggies

While the rice is cooking, thinly slice the **cucumber** into rounds. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **long green chilli (see ingredients list)**, if using.



3. Prep the tofu

Drain the **Peking marinated tofu** and cut into 2cm cubes. Set aside.



4. Make the sesame dressing

Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **soy sauce**, **sugar** and **rice wine vinegar** to the bowl with the **sesame seeds**. Mix well and set aside.



5. 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 golden, **4 minutes**. Transfer to a plate. Heat a **drizzle** more **olive oil** in the pan, then add the **carrot** and cook until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



6. Serve up

Divide the rice between bowls and top with the tofu, veggies and cucumber. Spoon over the sesame dressing and garnish with the chilli (if using) and **crispy shallots**.

Enjoy!