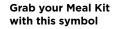
Tofu & Veggie Poke Bowl

with Toasted Sesame Dressing & Cucumber











Vegetable Stock



Basmati Rice





Cucumber



Asian Greens



Long Green Chilli (Optional)



Peking Marinated Tofu



Sesame Seeds



Mayonnaise



Crispy Shallots



Spicy (optional long green chilli)

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)	1/2	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



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!