



Tofu & Veggie Poke Bowl

with Brown Rice, Toasted Sesame Dressing & Pickled Cucumber

Grab your Meal Kit with this symbol



Brown Rice



Vegetable Stock Powder



Cucumber



Peking Marinated Tofu



Carrot



Asian Greens



Sesame Seeds



Plant-Based Mayo



Long Green Chilli (Optional)



Crispy Shallots

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

Plant Based

Spicy (optional long green chilli)

We love poke bowls, because they're so easy to customise with your favourite flavours. This plant-based 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, Rice Wine vinegar, Soy Sauce, 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 · Medium frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| brown rice | 1 packet | 2 packets |
| water* | 3 cups | 6 cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| cucumber | 1 (medium) | 1 (large) |
| rice wine vinegar* (for the pickle) | ¼ cup | ½ cup |
| Peking marinated tofu | 1 packet | 2 packets |
| carrot | 1 | 2 |
| Asian greens | 1 head | 2 heads |
| sesame seeds | 1 packet | 2 packets |
| plant-based mayo | 1 packet (100g) | 2 packets (200g) |
| soy sauce* | 1 tbs | 2 tbs |
| sugar* | 1 tsp | 2 tsp |
| rice wine vinegar* (for the dressing) | 1 tsp | 2 tsp |
| long green chilli (optional) | ½ | 1 |
| crispy shallots | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3920kJ (937Cal) | 606kJ (145Cal) |
| Protein (g) | 31g | 4.8g |
| Fat, total (g) | 47.6g | 7.4g |
| - saturated (g) | 6.6g | 1g |
| Carbohydrate (g) | 92g | 14.2g |
| - sugars (g) | 22.2g | 3.4g |
| Sodium (mg) | 1910mg | 295mg |

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 brown rice

Heat a medium saucepan over a high heat. Add the **brown rice**, the **water** and **vegetable stock powder** and bring to the boil. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



Make the sesame dressing

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **plant-based mayo**, **soy sauce**, the **sugar** and **rice wine vinegar (for the dressing)** to the bowl with the toasted **sesame seeds**. Mix well and set aside.



Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **cucumber**, **rice wine vinegar (for the pickle)** and a generous pinch of **sugar** and **salt**. Add just enough **water** to cover the cucumber. Stir to coat and set aside.



Cook the veggies & tofu

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season with **salt** and **pepper**. Transfer to a plate. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **tofu**, tossing, until golden, **4 minutes**. Add the reserved **marinade** and cook until bubbling, **1 minute**. Season to taste.



Get prepped

While the cucumber is pickling, reserve the **marinade** from the **Peking marinated tofu** in a small bowl. Cut the **tofu** into 2cm cubes. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**.



Serve up

Thinly slice the **long green chilli** (if using). Drain the pickled cucumber. Divide the rice between bowls. Top with the Peking tofu, veggies and pickled cucumber. Spoon over the toasted sesame dressing. Garnish with the chilli and **crispy shallots** to serve.

Enjoy!