

Tofu & Veggie Poke Bowl

with Toasted Sesame Dressing & Pickled Cucumber

Grab your Meal Kit with this symbol



- Vegetable Stock Powder
- Basmati Rice
- Cucumber
- Peking Marinated Tofu
- Carrot
- Asian Greens
- Sesame Seeds
- Plant-Based Aioli
- Fresh Chilli (Optional)
- Crispy Shallots

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 poke bowls, because they're so easy to customise with your favourite flavours. This plant-based version uses Peking-style tofu, basmati rice, 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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| water* | 1½ cups | 3 cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| basmati rice | 1 packet | 1 packet |
| 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 bag | 2 bags |
| sesame seeds | 1 packet | 2 packets |
| plant-based aioli | 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 |
| fresh chilli (optional) | ½ | 1 |
| crispy shallots | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3922kJ (937Cal) | 606kJ (145Cal) |
| Protein (g) | 30g | 4.6g |
| Fat, total (g) | 45.2g | 7g |
| - saturated (g) | 6.2g | 1g |
| Carbohydrate (g) | 99.4g | 15.4g |
| - sugars (g) | 21.2g | 3.3g |
| Sodium (mg) | 1903mg | 294mg |

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 rice

In a medium saucepan, add the **water** and **vegetable stock powder** and bring to the boil. Add **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove from heat and set aside, covered, until rice is tender and water is absorbed, **10 minutes**.

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



Make the sesame dressing

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



Pickle the cucumber

While the rice is cooking, thinly slice **cucumber** into half-moons. In a medium bowl, combine **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 tofu

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



Get prepped

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



Serve up

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

Enjoy!