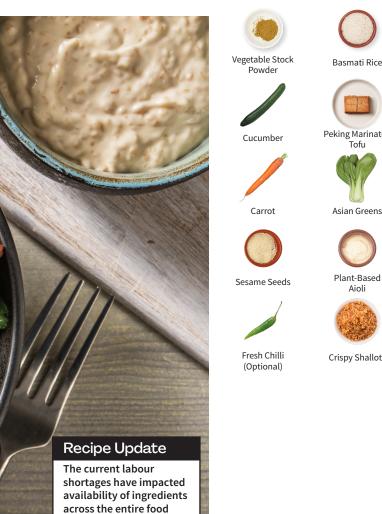


Tofu & Veggie Poke Bowl with Toasted Sesame Dressing & Pickled Cucumber

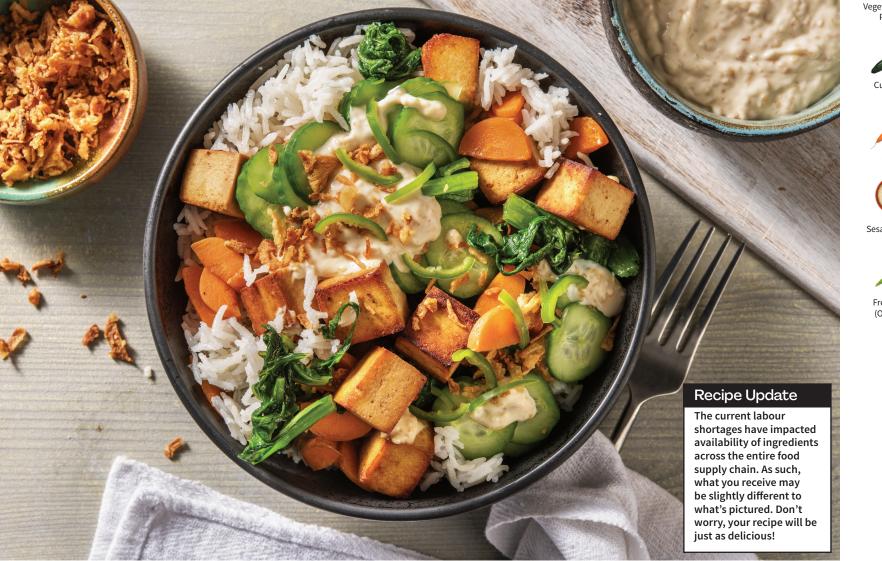




Peking Marinated Asian Greens Plant-Based **Crispy Shallots**

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Sugar



Hands-on: 25-35 mins Ready in: 30-40 mins Spicy (optional fresh chilli)

Plant Based

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.

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 \cdot 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)	1/2	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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact 2022 | CW16



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!



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.



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**.



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.



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.



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!