



Cooking Made Easy

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Sesame-Crusted Tofu

with Spicy Peanut Sauce and Garlic Bok Choy



If you don't already love tofu, this dish might be the one to win you over. A crunchy pan-fried coating of panko and sesame gives tofu a major texture boost. Fragrant coconut rice and sweet-and-spicy peanut sauce bring extra hit of flavor to this Thai-inspired dish.



40 min



level 2



vegan



Tofu



Baby Bok Choy



Sesame Seeds



Peanut Butter



Coconut Milk



Basmati Rice



Lime



Garlic



Soy Sauce



Hot Sauce



Panko

Ingredients	2 People	4 People
Tofu	1)	2 blocks
Baby Bok Choy		2
Sesame Seeds		1 T
Peanut Butter	2)	2 T
Coconut Milk		1 can
Basmati Rice		½ C
Garlic		2 cloves
Lime		1
Panko	3)	½ C
Hot Sauce		1 t
Soy Sauce	1)	2 T
Sugar*		1 t
Vegetable Oil*		1 T + 1 t

*Not Included

Allergens

- 1) Soy
- 2) Peanuts
- 3) Wheat

Tools

Small Pot, Large Pan,
2 Shallow Dishes, Small
Bowl

Ruler

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Nutrition per person Calories: 785 cal | Carbs: 82 g | Fat: 37 g | Protein: 35 g | Fiber: 7 g



1 In a small pot, bring ½ cup **water**, ½ cup **coconut milk**, and a large pinch of **salt** to a boil.

2 Meanwhile, slice **tofu** into ½-inch slices. Thinly slice **1 garlic clove** and mince or grate the other. Zest and halve the **lime**. Quarter the **bok choy** lengthwise.



3 When coconut mixture is boiling, add the **rice**, cover, and reduce heat to a simmer for about 20 minutes, until tender. Set aside, covered.

4 While the rice cooks, mix together **soy sauce**, **half the minced garlic**, and **half the hot sauce** (or less if you'd like!) in a shallow dish (such as a pie plate). In another shallow dish, combine **panko**, **sesame seeds**, and a pinch of **salt** and **pepper**. Dip tofu first into the **soy mixture**, fully coating all sides, and then into the **panko mixture**, ensuring tofu is evenly coated. Hang on to the remaining soy mixture for later!



5 Heat 1 tablespoon **oil** in a large pan over medium heat. Add **tofu slices** to the pan and cook about 2 minutes per side, until golden brown. Set aside and cover with foil to keep warm.

6 In the same pan, heat 1 teaspoon **oil** and add the **sliced garlic**. Cook for 30 seconds, until fragrant. Add the **bok choy** and ¼ cup **water** and cook, stirring, until bok choy is tender and water has evaporated, 2-3 minutes. Season with **salt** and **pepper** and set aside.



7 In a small bowl, mix together 2 tablespoons **peanut butter**, 1 tablespoon **reserved soy mixture**, ¼ cup **coconut milk**, **remaining minced garlic**, 1 teaspoon **sugar**, a squeeze of **lime juice**, and as much **remaining hot sauce** as you dare.

8 Serve **coconut rice** topped with **tofu** and **bok choy**. Drizzle over **peanut sauce** and a light sprinkling of **lime zest**.