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Teriyaki Garden Bowl with Black Sesame Seeds

If 'garden bowl' makes you think of tucking into a big bowl of healthy then you're on the right track with this sumptuous supper! With pre-marinated honey soy tofu and crunchy black sesame seeds, this hearty and filling outing will prove that wholesome food is still big on flavour.

 **Prep:** 10 mins
 **Cook:** 30 mins
Total: 40 mins

 level 1

 lactose free

 high fibre

Pantry Items



Water



Soy Sauce



Honey



Brown Rice



Bok Choy



Garlic



Ginger



Red Onion



Chinese Honey
Soy Tofu



Zucchini



Green Beans



Black Sesame
Seeds

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| 2P | 4P | Ingredients |
|----------|-----------|---|
| ⅔ cup | 1 ⅓ cups | brown rice |
| 3 cups | 6 cups | water * |
| 2-3 | 4-6 | bok choy, sliced |
| 1 clove | 2 cloves | garlic, peeled & crushed ⊕ |
| 1 knob | 2 knobs | ginger, peeled & finely grated |
| 2 tbs | 4 tbs | salt-reduced soy sauce * |
| 1 tbs | 2 tbs | honey * |
| ½ | 1 | red onion, very finely sliced ⊕ 🌿 |
| 1 packet | 2 packets | Chinese honey soy tofu, cut into strips |
| 1 | 2 | zucchini, sliced on a diagonal |
| 100 g | 200 g | green beans, ends trimmed |
| 1 tbs | 2 tbs | black sesame seeds |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2390 | Kj |
| Protein | 28.6 | g |
| Fat, total | 14.6 | g |
| -saturated | 1.7 | g |
| Carbohydrate | 75.7 | g |
| -sugars | 19.4 | g |
| Sodium | 1000 | mg |



You will need: *chef's knife, chopping board, garlic crusher, fine grater, sieve, medium saucepan, medium bowl, large wok and a small bowl.*



1 Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **25-30 minutes** or until the rice is soft. Add the **bok choy** in the last **2 minutes**. Drain. Return the brown rice and bok choy back to the saucepan, off the heat.

2 In a medium bowl, combine the **garlic, ginger, reduced-salt soy sauce, honey** and **red onion**. Set aside.



3 Heat a dash of vegetable oil in a large wok over a medium-high heat. Add the **tofu strips** and cook, stirring, for **2 minutes** or until golden. Remove and set aside in a small bowl. Add the **zucchini** and **green beans** and cook stirring for **1-2 minutes** or until they begin to soften. Add the soy and honey mixture and cook, stirring, until the mixture begins to thicken. Return the tofu to the pan and cook for **1 minute** or until heated through.



4 To serve, divide the rice and bok choy between bowls. Top with the teriyaki tofu and vegetables. Garnish with the **black sesame seeds**.

Did you know? Bok choy may remind you of celery but it is actually a member of the cabbage family!