



# Spiced Tofu Rice Bowl

with Garlic Tenderstem® and Pickled Carrot Ribbons

22

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Tofu



Garlic Clove



Carrot



Jasmine Rice



Rice Vinegar



Tenderstem®  
Broccoli



Indonesian Style  
Spice Mix



Bulgogi Sauce



Sambal Paste



Soy Sauce



Diced Chicken  
Breast

**Pantry Items**  
Oil, Salt, Pepper, Sugar

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.  
Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Kitchen paper, bowl, garlic press, vegetable peeler, saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Tofu** <b>11</b> )	280g	420g	560g
Garlic Clove**	1	1	2
Carrot**	1	2	2
Jasmine Rice	150g	225g	300g
Rice Vinegar	15ml	30ml	30ml
Tenderstem® Broccoli**	80g	150g	200g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Bulgogi Sauce <b>11</b> )	150g	225g	300g
Sambal Paste	15g	22g	30g
Soy Sauce <b>11</b> ) <b>13</b> )	15ml	15ml	30ml
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	½ tsp	½ tsp	1 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	564g	100g	554g	100g
Energy (kJ/kcal)	2695/644	478/114	2622/627	473/113
Fat (g)	15.4	2.7	8.1	1.5
Sat. Fat (g)	2.0	0.4	1.3	0.2
Carbohydrate (g)	97.0	17.2	93.0	16.8
Sugars (g)	29.7	5.3	28.8	5.2
Protein (g)	26.6	4.7	40.4	7.3
Salt (g)	3.20	0.57	3.26	0.59

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass

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## Get Prepped

Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper, then pop into a large bowl and set aside.

Peel and grate the **garlic** (or use a garlic press).

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



## Bring on the Broccoli

Halve any thick **broccoli stems** lengthways. Heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **broccoli** and stir-fry for 2-3 mins.

Add the **garlic** and cook until fragrant, 30 secs, then add a splash of **water**. Cover with a lid (or foil), then cook until tender, 2-3 mins more.

Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.

Pop the (now empty) frying pan back on high heat with a drizzle of **oil**.



## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Fry and Spice the Tofu

Once the **oil** is hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Once golden, sprinkle over the **Indonesian style spice mix**, stir-fry for 30 secs, then stir in the **bulgogi sauce**, **sambal paste** (add less if you'd prefer things milder) and **half** the **soy sauce**. Bring to the boil, then reduce the heat and simmer until slightly thickened, 1 min. Add a splash of **water** if it's a little thick. Remove from the heat.

### CUSTOM RECIPE

If you've chosen to get **chicken** instead of **tofu**, fry for the same amount of time, until golden and cooked through, then continue as instructed.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken. It's cooked when no longer pink in the middle.



## Pickle the Carrot

Meanwhile, pop the **carrot ribbons** into a small bowl with the **rice vinegar** and **sugar for the pickle** (see pantry for amount).

Add a pinch of **salt**, mix together and set aside to pickle.



## Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the remaining **soy sauce**. Share the **rice** between your bowls.

Top your **rice** with the **garlic broccoli**, **spiced tofu** and **pickled carrot** in separate sections.

## Enjoy!