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WK10
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Mushroom, Tofu & Quinoa Bowl with Asian Greens

Goodness, gracious, great bowls of quinoa! Oh yeah, and mushrooms. Oh, and Chinese marinated tofu. And did we mention sesame seeds and coriander? Listen, don't worry. It's all in this nutritious bowl, ready to be gobbled up by you.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1

Pantry Items



Water



Olive Oil



Salt-Reduced
Soy Sauce



Quinoa



Chinese Tofu



Mushrooms



Garlic



Carrot



Asian Greens



Hoisin Sauce



Sesame Seeds



Coriander

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2P	4P	Ingredients
1 packet	2 packets	quinoa, rinsed well
1 ½ cups	3 cups	water *
1 tbs	2 tbs	olive oil *
1 packet	2 packets	Chinese tofu, sliced into 2 cm cubes
1 punnet	2 punnets	mushrooms, sliced
2 cloves	4 cloves	garlic, peeled & finely grated
1	2	carrot, finely sliced
1 bunch	2 bunches	Asian greens, roughly chopped
1 tub	2 tubs	hoisin sauce
2 tbs	4 tbs	salt-reduced soy sauce *
1 sachet	2 sachets	sesame seeds
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2390	Kj
Protein	29.8	g
Fat, total	25.9	g
-saturated	3.2	g
Carbohydrate	58.9	g
-sugars	22	g
Sodium	1390	mg

2a



You will need: *chef's knife, chopping board, sieve, fine grater, medium saucepan with a lid, medium frying pan, tongs, plate, wooden spoon and large bowl.*

1 Place the **quinoa** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce to a medium heat. Simmer for **10-12 minutes**, or until the quinoa is tender and the water has absorbed (drain excess water).

2b



2 Meanwhile, heat half the **olive oil** in a medium frying pan over a medium-high heat. Cook the **Chinese tofu** for **2-3 minutes**, turning regularly, until golden and crispy. Set aside on a plate. Return the pan to the heat and drizzle in the remaining olive oil. Add the **mushrooms** and cook for **4-5 minutes**, or until softened. Add the **garlic** and **carrot** and cook for a further **2-3 minutes**, or until fragrant and the carrot has softened slightly. Stir through the **Asian greens** and cook for **1-2 minutes**, or until wilted. Pour over the **hoisin sauce** and **salt-reduced soy sauce**, stir through the cooked tofu and stir to coat in the sauce. Remove the pan from the heat.

2c



3 In a large mixing bowl, combine the cooked quinoa and cooked vegetables and tofu.

4 To serve, divide the quinoa between plates and top with the **sesame seeds** and fresh **coriander**. Enjoy!

3



Did you know? The sesame plant is considered a “survivor crop” because it can withstand drought and keep growing.