



# STICKY CRUSTED TOFU

with Jasmine Rice, Teriyaki Mushrooms and Cucumber Pickle



## HELLO TOFU

*This versatile ingredient is made using soy milk and can be used in both sweet and savoury dishes!*



Smoked Tofu



Cucumber



Garlic Clove



Coriander



Miso Paste



Honey



Rice Vinegar



Cornflour



Jasmine Rice



Sesame Seeds



Sliced Mushrooms



Soy Sauce



Spring Greens

20 mins

1.5 of your 5 a day

Sticky, sweet and rich with umami flavour, our sticky crusted tofu is an east asian-inspired bowl of deliciousness. Sweet honey and salty miso paste create the tastiest tofu, while the tangy taste cucumber pickle and savoury teriyaki mushrooms with spring greens are a taste sensation. Serve on top of a bed of jasmine rice which has a wonderful floral aroma and soft, sticky texture. The perfect base for this dish!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Kitchen Paper**, a **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Baking Paper**, **Baking Tray**, **Baking Paper**, **Frying Pan** and some **Foil**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 200°C. Drain and slice the **tofu** into 2 two slices per person and lay them on some kitchen paper. Lay some more kitchen paper on top and leave to the side.

★ **TIP:** This is to dry the tofu. Meanwhile, trim the ends from the **cucumber** and thinly slice. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Mix the **miso paste** with **half** the **honey** in a small bowl.



### 4 BAKE THE TOFU

Line a baking tray with baking paper, drizzle on some **oil**, then lay on the **tofu slices**. Bake on the top shelf of your oven for 10 mins then remove from the oven and turn over the slices. Spoon the **miso honey mixture** over the **tofu slices** and spread it out with a spoon so it covers the top. Sprinkle on **half** the **sesame seeds** and bake for another 10 mins.



### 2 MAKE THE PICKLE

Put the **rice vinegar** into a large bowl with the **sugar** (see ingredients for amount) and a pinch of **salt** and **pepper**. Mix, then add the **cucumber**, toss to coat in the **vinegar**. Set aside. Put the **cornflour** on a plate, add a large pinch of **salt**, stir well. Discard the kitchen paper then drizzle the **tofu slices** with **oil** on each side. Once nicely coated, press both sides into the **cornflour** until evenly covered.



### 5 STIR-FRY THE VEGGIES

Once you have turned the **tofu** over, heat a drizzle of **oil** in a frying pan on medium-high heat. Add the **mushrooms**. Stir-fry until golden, 4-5 mins. Stir in the **soy sauce**, remaining **honey** and **half** the **garlic**. Cook for 1 minute. Transfer to a bowl and cover with foil. Pop your pan back on the heat, add another drizzle of **oil**, the **spring greens** and a pinch of **salt** and **pepper**. Stir-fry until they are tender, 3-5 mins. Add the remaining **garlic**, cook for 30 secs.



### 3 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



### 6 FINISH AND SERVE

Stir **half** the **coriander** through the **spring greens**. Fluff up the **rice** with a fork and spoon onto one side of your bowls. Arrange the **cucumber pickle**, **spring greens** and **teriyaki mushrooms** alongside and lay the **tofu** on top. Sprinkle over the remaining **coriander** and **sesame seeds**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Smoked Tofu 11) *	1 block	1½ blocks	2 blocks
Cucumber *	½	¾	1
Garlic Clove *	2	3	4
Coriander *	1 bunch	1 bunch	1 bunch
Miso Paste 11)	1 sachet	1½ sachets	2 sachets
Honey	2 sachets	3 sachets	4 sachets
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Sugar for the Cucumber*	½ tsp	¾ tsp	1 tsp
Cornflour	20g	30g	40g
Water*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Sliced Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Spring Greens *	1	1	2

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 491G	PER 100G
Energy (kJ/kcal)	2485 / 594	506 / 121
Fat (g)	14	3
Sat. Fat (g)	2	1
Carbohydrate (g)	86	18
Sugars (g)	18	4
Protein (g)	27	5
Salt (g)	2.81	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

3) Sesame 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

📷 🐦 📘 📌 #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

🌱 HelloFRESH