



# VEGAN SWEET & SAVORY TOFU BOWLS

with Broccoli, Pickled Cucumber & Sesame Scallion Rice

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Scallions



1 | 2  
Mini Cucumber



8 oz | 16 oz  
Broccoli Florets



¾ Cup | 1½ Cups  
Jasmine Rice



1 TBSP | 1 TBSP  
Sesame Oil  
Contains: Sesame



1 | 2  
Tofu  
Contains: Soy



1 TBSP | 2 TBSP  
Cornstarch



5 tsp | 10 tsp  
Rice Wine Vinegar



2 TBSP | 4 TBSP  
Hoisin Sauce  
Contains: Soy, Wheat



4 TBSP | 8 TBSP  
Sweet Soy Glaze  
Contains: Sesame, Soy, Wheat



1 tsp | 2 tsp  
Sriracha



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



1½ Cups | 2½ Cups  
Brown Rice

Calories: 780



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 770





HELLO

### SWEET SOY GLAZE

A blend of salty-sweet soy sauce, vinegar, and nutty sesame oil

### GOLDEN TICKET

Coating in cornstarch helps tofu get golden brown and extra crisp. Bonus points: Cornstarch also thickens the sauce in Step 5!

### BUST OUT

- Small bowl
- Medium bowl
- Small pot
- Large pan
- Paper towels
- Whisk
- Kosher salt
- Black pepper
- Sugar (½ tsp | 1 tsp)
- Cooking oil (4 tsp | 4 tsp)

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



### 1 PREP & PICKLE CUCUMBER

- **Wash and dry produce.**
- Trim and thinly slice **cucumber**. Thinly slice **scallions**, separating whites from greens. Cut **broccoli** into bite-size pieces if necessary.
- In a small bowl, combine cucumber, **vinegar**, **½ tsp sugar (1 tsp for 4 servings)**, and a **pinch of salt**. Mix thoroughly and set aside to pickle until ready to serve.



### 4 COOK BROCCOLI

- Heat a **drizzle of oil** in pan used for tofu over medium-high heat. Add **broccoli** and a **pinch of salt**; cook, stirring occasionally, until tender, 6-8 minutes.



### 2 COOK RICE

- Heat a **drizzle of oil** in a small pot (**medium pot for 4 servings**) over medium-high heat. Add **scallion whites** and cook, stirring, until softened, 1-2 minutes.
- Stir in **rice**, **1¼ cups water (2¼ cups for 4)**, **half the sesame oil (all for 4)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

- ↔ Swap in **brown rice** for jasmine rice; use **1¾ cups water (3½ cups for 4)**, **half the sesame oil (all for 4)** and a **pinch of salt**. Cook for 20-25 minutes. (**Save jasmine rice for another use.**)



### 5 MAKE SAUCE & FINISH TOFU

- While broccoli cooks, in bowl used for tofu, whisk together **hoisin**, **sweet soy glaze**, **Sriracha**, **remaining cornstarch**, and **⅓ cup water (⅔ cup for 4 servings)**.
- Reduce heat under pan with **broccoli** to low and stir in **hoisin-soy mixture**. Cook, stirring occasionally, until sauce is thickened and sticky, 1-2 minutes.
- Transfer **seared tofu** to pan. Stir until fully coated and tofu is warmed through, 1 minute. Taste and season with **salt** and **pepper** if desired.



### 3 SEAR TOFU

- While rice cooks, open and drain **tofu**; press out excess water with paper towels. Halve crosswise, then stand tofu upright and halve vertically. Lay flat and cut into ¾-inch cubes.
- In a medium bowl, combine tofu, **half the cornstarch**, and a **big pinch of salt**. Stir until tofu is fully coated.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add coated tofu and cook, turning occasionally, until browned on all sides, 4-6 minutes. Reserve bowl.
- Turn off heat; transfer to a plate. Wipe out pan and let cool slightly.



### 6 SERVE

- Divide **rice** between bowls; top with **tofu and broccoli** and **pickled cucumber (draining first)** in separate sections. Garnish with **scallion greens** and serve.