



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



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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**)

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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.



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.**)



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.



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.



5 MAKE SAUCE & FINISH TOFU

- While broccoli cooks, in bowl used for tofu, whisk together **hoisin**, **sweet soy glaze**, **Sriracha**, **remaining cornstarch**, and **½ cup water** (**¾ 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.



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.