



# VEGAN APRICOT-GLAZED TOFU & RICE BOWLS

with Green Beans, Sesame Seeds & Cashews

## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
Jasmine Rice



**6 oz | 12 oz**  
Green Beans



**1 Thumb | 2 Thumbs**  
Ginger



**2 Cloves | 4 Cloves**  
Garlic



**2 | 4**  
Scallions



**1 | 2**  
Tofu  
Contains: Soy



**4 TBSP | 8 TBSP**  
Soy Sauce  
Contains: Soy, Wheat



**5 tsp | 10 tsp**  
Rice Wine Vinegar



**2 | 4**  
Apricot Jam



**1 TBSP | 2 TBSP**  
Fry Seasoning Blend



**1 TBSP | 2 TBSP**  
Sesame Seeds  
Contains: Sesame



**½ oz | 1 oz**  
Cashews  
Contains: Tree Nuts



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.



**12 oz | 24 oz**  
Cauliflower Rice

**Calories: 630**



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 790



HELLO

### APRICOT GLAZE

Ginger, garlic, soy sauce, and rice vinegar join apricot jam for a sweet-savory pan sauce party!

### WEIGHT A MINUTE

If you have a few minutes, place tofu between paper towels, top with a cutting board, and add a weight (like a heavy can). Squeezing out excess moisture this way will help the tofu develop a golden crust.

### BUST OUT

- Small pot
- Paper towels
- Baking sheet
- Large bowl
- Whisk
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (4 tsp | 7 tsp) ⚡
- Sugar (1 tsp | 2 tsp)

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

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### 1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, 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.

- ⚡ Heat a **drizzle of oil** in a small pot over medium-high heat. Add **cauliflower rice (no need to drain)**, a **large pinch of salt**, and **pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Turn off heat; stir in **1 TBSP oil (2 TBSP for 4 servings)** until melted. Keep covered off heat until ready to serve. (Save **jasmine rice for another use.**)



### 4 WHISK GLAZE

- Meanwhile, in a large bowl, whisk together **ginger, garlic, scallion whites, soy sauce, vinegar, apricot jam, Fry Seasoning, ½ cup water**, and **1 tsp sugar (¾ cup water and 2 tsp sugar for 4 servings)**. **TIP: Don't worry if your glaze isn't smooth! It'll come together when cooked in the next step.**



### 2 PREP

- Meanwhile, **wash and dry produce**.
- Trim **green beans** if necessary. Peel and mince or grate **ginger**. Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens.
- 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; season all over with **salt** and **pepper**.



### 5 COOK TOFU

- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **tofu** in a single layer and cook, undisturbed, until lightly browned on one side, 2-3 minutes.
- Flip tofu, then stir in **apricot glaze**. Cook, stirring occasionally, until glaze has thickened and tofu is evenly coated, 2-4 minutes.



### 3 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on top rack until tender and browned, 12-15 minutes.



### 6 FINISH & SERVE

- Fluff **rice** with a fork and divide between shallow bowls.
- Top rice with **apricot-glazed tofu** and **green beans** in separate sections. Sprinkle everything with **sesame seeds, cashews**, and **scallion greens**. Serve.

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