



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.