



ASIAN TOFU & VEGGIE RICE BOWL

with Laksa-Style Coconut Sauce



Make a creamy laksa-style sauce!



Garlic



Jasmine Rice



Ginger



Carrot



Capsicum



Asian Greens



Firm Tofu



Long Red Chilli (Optional)



Makrut Lime Leaves



Mixed Sesame Seeds



Southeast Asian Spice Blend



Coconut Milk

Hands-on: **30-40** mins
Ready in: **35-45** mins

Spicy (optional long red chilli)

Our tofu, coated in Southeast Asian spices and dazzling laksa-style coconut sauce make for an irresistible pair - as well as an instant flavour boost. Add a helping of soy veggies and toasted sesame seeds for a divine dinner, worthy of a spot in the trophy room.

Pantry Staples: Olive Oil, Butter, Soy Sauce, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **medium frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2 the garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice, water** and **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



4 COOK THE ASIAN TOFU

In a medium bowl combine a **generous drizzle of olive oil** and **1/2 the Southeast Asian spice blend**. Add the **tofu** to the bowl and toss to coat. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the spiced **tofu** and cook until browned and warmed through, **4-5 minutes**. Transfer to a plate.



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum**. Roughly chop the **Asian greens**. Cut the **firm tofu** into 2cm cubes. Thinly slice the **long red chilli** (if using). Destem the **makrut lime leaves**, then thinly slice. **TIP:** *The makrut lime leaves are fibrous so you want to slice them very finely!* Heat a medium frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



5 MAKE THE SAUCE

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **ginger, makrut lime, remaining Southeast Asian spice blend** and **remaining garlic** and cook until fragrant, **1 minute**. Add the **coconut milk, brown sugar** and the **remaining soy sauce** and cook until fragrant and slightly thickened, **2-3 minutes**.



3 COOK THE VEGGIES

Return the frying pan to a medium heat with a **drizzle of olive oil**. Add the **carrot** and **capsicum** and cook until slightly softened, **3-4 minutes**. Add the **Asian greens** and **1/2 the soy sauce** and cook until tender, **2 minutes**. Transfer to a bowl and cover to keep warm.



6 SERVE UP

Divide the garlic rice between bowls and top with the soy veggies and Asian tofu. Pour over the laksa-style coconut sauce. Garnish with the toasted sesame seeds and chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
capsicum	1	2
Asian greens	1 packet	1 packet
firm tofu	1 block	2 blocks
long red chilli (optional)	1	2
makrut lime leaves	2 leaves	4 leaves
mixed sesame seeds	1 sachet	2 sachets
soy sauce*	1 tbs	2 tbs
Southeast Asian spice blend	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3730kJ (891Cal)	641kJ (153Cal)
Protein (g)	38.9g	6.7g
Fat, total (g)	42.9g	7.4g
- saturated (g)	20.0g	3.5g
Carbohydrate (g)	78.3g	13.5g
- sugars (g)	13.4g	2.3g
Sodium (g)	847mg	146mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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