



Miso Honeyed Tofu with Shiitake & Chestnut Mushroom Rice

Classic 25 Minutes • 1 of your 5 a day • Veggie

19



Bok Choy



Chestnut Mushrooms



Shiitake Mushrooms



Garlic Clove



Tofu



Plain Flour



Jasmine Rice



Honey



Miso Paste



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Kitchen Roll, Large Bowl, Saucepan, Sieve, Frying Pan and Small Bowl.

Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Shiitake Mushrooms	1 punnet	1½ punnets	2 punnets
Garlic Clove**	1 clove	2 cloves	2 cloves
Tofu 11)	1 block	1½ blocks	2 blocks
Plain Flour 13)	8g	16g	16g
Jasmine Rice	150g	225g	300g
Honey	1 sachet	2 sachets	2 sachets
Miso Paste 11)	1 small sachet	1 large sachet	2 small sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	412g	100g
Energy (kJ/kcal)	2061 / 493	501 / 120
Fat (g)	10	2
Sat. Fat (g)	2	0
Carbohydrate (g)	73	18
Sugars (g)	10	2
Protein (g)	27	6
Salt (g)	2.43	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Trim the root from the **bok choy** then thinly slice widthways. Thinly slice the **chestnut** and **shiitake mushrooms**. Peel and grate the **garlic** (or use a garlic press). Drain the **tofu** and pat dry with kitchen roll. Cut the **tofu** into 2cm cubes. Pop the **cubes of tofu** in a large bowl and season with **salt** and **pepper**. Add the **flour** and shake the **tofu** in the bowl to cover evenly.



Crispy Tofu

Wipe out your pan and pop it back on high heat with a glug of **oil**. When the **oil** is hot, add the **tofu pieces** and fry till golden and crisp, 3-4 mins, stir occasionally. Meanwhile, mix the **honey** and **miso** together in a small bowl. Once the **tofu** is golden all over, reduce the heat and allow the pan to cool for a minute or so. Add the **honey and miso mix** into the pan. As it begins to bubble, stir the **tofu** into the **miso mix** to glaze it all over, 1-2 mins. You want the **tofu** to be crisp and caramelised.



Cook the Rice

Bring a large saucepan of **water** to the boil with a 0.25 tsp of **salt** for the rice. When boiling, add the **rice** and cook for 12 mins. Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Quick Tidy

Once the **rice** is cooked, fluff it up with a fork and stir through your **mushrooms** and **bok choy**. Pour in the **soy sauce** and stir through to mix evenly, 1-2 mins. Season with **salt** and **pepper** to taste if needed.



Garlic Mushrooms

Heat a drizzle of **oil** in a large frying pan or work on a high heat. When the **oil** is hot, add the **mushrooms** and fry until golden, 4-5 mins. Stir in the **bok choy** and allow to soften slightly, 1-2 mins. Add the **garlic**, stir together and cook for 1 minute more. Transfer the **vegetables** to a bowl and set aside.



Service!!!

Divide the **mushroom rice** amongst your plates and top with the **crispy miso tofu**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.