



Peking Tofu Poke Bowl

with Garlic Rice & Soy Mayo

Grab your Meal Kit with this symbol 



Garlic



Basmati Rice



Cucumber



Carrot



Asian Greens



Spring Onion



Peking Marinated Tofu



Long Green Chilli (Optional)



Black Sesame Seeds



Mayonnaise

-  Hands-on: **25-35 mins**
-  Ready in: **30-40 mins**
-  Spicy (optional long green chilli)

We love poke bowls, because they're so easy to customise with your favourite flavours. This veggie version uses Peking-style tofu, Asian greens, carrot and cucumber, with a soy mayo to tie the whole thing together.

Pantry items

Olive Oil, Butter, Soy sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cucumber	1 (medium)	1 (large)
carrot	1	2
Asian greens	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
Peking marinated tofu	1 packet	2 packets
long green chilli (optional)	1	2
black sesame seeds	1 sachet	2 sachets
soy sauce*	2 tsp	4 tsp
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3300kJ (788Cal)	659kJ (157Cal)
Protein (g)	28.2g	5.6g
Fat, total (g)	35.9g	7.2g
- saturated (g)	8.4g	1.7g
Carbohydrate (g)	83.1g	16.6g
- sugars (g)	18.1g	3.6g
Sodium (g)	1420mg	284mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2. Get prepped

Thinly slice the **cucumber** and **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Reserve the sauce from the **Peking marinated tofu**, then cut the **tofu** into 1 cm cubes. Thinly slice the **long green chilli** (if using).



3. Cook the veggies

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook until tender, **4 minutes**. Add the **Asian greens** and **spring onion** and cook until tender, **1-2 minutes**. Add the **black sesame seeds** and **1/2** the **soy sauce** and season with a **pinch** of **pepper**. Transfer to a bowl and cover to keep warm.



4. Cook the tofu

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook, tossing, until browned and warmed through, **4 minutes**. Add the **reserved Peking marinade** and stir until heated through, **1 minute**.



5. Make the soy mayo

While the tofu is cooking, combine the **mayonnaise** and **remaining soy sauce** in a small bowl.



6. Serve up

Divide the garlic rice, sesame veggies, cucumber and Peking tofu between bowls. Drizzle over the soy mayo and garnish with the chilli (if using).

Enjoy!