



Teriyaki Tofu Rice Bowl

with Pickled Radishes and Sesame Cucumber Salad

CLASSIC 30 Minutes • Medium Spice • 1 of your 5 a day • Veggie

N° 19



Jasmine Rice



Radish



Cucumber



Lime



Tofu



Sesame Seeds



Rice Vinegar



Cornflour



Thai Spice Blend



Teriyaki Sauce

Before you start

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

Basic cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater and Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Radish**	1 small pack	1 large pack	2 small packs
Cucumber**	½	¾	1
Lime**	½	¾	1
Tofu 11 **	1 block	1½ blocks	2 blocks
Sesame Seeds 3	1 small pot	1 small pot	1 large pot
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickled Radish*	½ tsp	¾ tsp	1 tsp
Cornflour	20g	35g	40g
Thai Spice Blend 3	½ pot	¾ pot	1 pot
Teriyaki Sauce 11	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	2358 /564	544 /130
Fat (g)	13	3
Sat. Fat (g)	2	1
Carbohydrate (g)	86	20
Sugars (g)	15	4
Protein (g)	26	6
Salt (g)	2.75	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

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



1. Get Started!

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4. Tofu Time

Pop the **cornflour** and **Thai spice blend** (see ingredients for amount - it's quite spicy) into a medium bowl. Season with **salt** and **pepper**. Mix together well. Add the **tofu** and toss to coat evenly. Heat a drizzle of **oil** in the pan you used earlier on medium-high heat. Once hot add the **tofu** and fry until golden brown and crispy all over, turning regularly, 5-6 mins. Transfer to a plate lined with kitchen roll and allow the pan to cool slightly but don't wash it, we will use it for the teriyaki glaze.



2. Get Prepped!

Trim and thinly slice the **radishes**. Trim the **cucumber** then halve lengthways. Thinly slice widthways. Zest and halve the **lime**. Drain the **tofu**, pat it dry and chop into 2cm pieces.



5. Finish Up!

Meanwhile, pop the **sliced cucumber** into the medium bowl with the **sesame seeds**. Squeeze in the **lime juice**, season with **salt** and **pepper** and toss to coat. Once the **rice** is ready, wipe out the frying pan if you need to, then add the **teriyaki sauce**. Bring to the boil, add the **tofu** and stir until everything is evenly coated and the **tofu** is piping hot. **TIP:** Add a splash of water if the sauce has evaporated too much.



3. Finish the Prep

Heat large frying pan over medium heat (no oil.) Once hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Pop **half** the **sesame seeds** into a medium bowl and set aside. Pop the remaining **half** into a small bowl and set aside. (Don't wash up the frying pan). In another small bowl mix together the **rice vinegar** and **sugar** (see ingredients for amount) and season with **salt** and **pepper**. Add the **sliced radishes**, mix together well and set aside.



6. Serve!

Carefully fluff up the **rice** with a fork and stir through the **lime zest**. Divide the **rice** between bowls, top with the **teriyaki tofu** and its **sauce** on one side then add the **cucumber salad** and **pickled radish** on the other. Scatter over the remaining **sesame seeds**.

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.