



TOFU BIBIMBAP

with Sesame Sweet Chilli Sauce



Infuse rice with buttery ginger and garlic



Ginger



Garlic



Jasmine Rice



Chinese Tofu



Asian Greens



Sesame Seeds



Sweet Chilli Sauce



Sliced Mushrooms



Cucumber

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Bibimbap translates literally to “mixed rice” in Korean, and that's how this dish is designed to be eaten. So, divvy up the fragrant rice, pile on the toppings and then mix it all together for a glorious fusion of flavours and textures.

Pantry Staples: Olive Oil, Butter, Sesame Oil, Soy Sauce

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 GINGER & GARLIC RICE

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



4 COOK THE MUSHROOMS & TOFU

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **sliced mushrooms** and **Chinese tofu** and cook, tossing, until browned, **5-7 minutes**. Add the **remaining soy sauce** and stir to coat the mushrooms. Add the **Asian greens** and stir until wilted, **2 minutes**. Transfer to a bowl and cover to keep warm.



2 GET PREPPED

While the rice is cooking, cut the **Chinese tofu** into 2cm pieces. Roughly chop the **Asian greens**.



5 PREP THE CUCUMBER

While the tofu is cooking, cut the **cucumber** into thin matchsticks.



3 MAKE THE SAUCE

Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3 minutes**. Add a **drizzle** of **olive oil** and the **remaining garlic** to the pan and cook, stirring, until fragrant, **1-2 minutes**. Transfer the sesame mixture to a medium bowl. Add the **sweet chilli sauce**, **sesame oil** and **1/2** the **soy sauce** and stir until well combined.



6 SERVE UP

Divide the garlic and ginger rice between bowls. Top with the tofu, mushrooms, Asian greens and cucumber. Spoon the sesame sweet chilli sauce over the top.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|--------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| ginger | 1 knob | 2 knobs |
| garlic | 3 cloves | 6 cloves |
| butter* | 20g | 40g |
| water* | 1¼ cups | 2½ cups |
| salt* | ¼ tsp | ½ tsp |
| jasmine rice | 1 packet | 2 packets |
| Chinese tofu | 1 packet | 2 packets |
| Asian greens | 1 bunch | 2 bunches |
| sesame seeds | 1 sachet | 2 sachets |
| sweet chilli sauce | 1 tub (50g) | 1 tub (100g) |
| sesame oil* | 2 tsp | 1 tbs |
| soy sauce* | 1 tbs | 2 tbs |
| sliced mushrooms | 1 packet (150g) | 1 packet (300g) |
| cucumber | 1 | 2 |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2440kJ (582Cal) | 560kJ (134Cal) |
| Protein (g) | 18.7g | 4.3g |
| Fat, total (g) | 21.0g | 4.8g |
| - saturated (g) | 7.6g | 1.7g |
| Carbohydrate (g) | 75.9g | 17.4g |
| - sugars (g) | 13.0g | 3.0g |
| Sodium (g) | 1200mg | 276mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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