



# Tofu & Veggie Poke Bowl

with Sesame Dressing & Pickled Onion



Garlic



Basmati Rice



Red Onion



Japanese Tofu



Carrot



Capsicum



Southeast Asian  
Spice Blend



Sweet Chilli  
Sauce



Long Red Chilli  
(Optional)



Sesame Dressing



Crispy Shallots

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

We love poke! It's so easy to customise with your favourite flavours. This veggie version is brimming with Japanese tofu for a protein hit, plus capsicum and carrot for natural sweetness and a pop of colour. Bring it all together with our creamy sesame dressing and a sprinkle of crispy shallots.

## Pantry items

Olive Oil, Butter, Rice Wine Vinegar, 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 · Large 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 medium packet	1 large packet
water*	1½ cups	3 cups
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
Japanese tofu	1 packet	2 packets
carrot	1	2
capsicum	1	2
Southeast Asian spice blend	½ sachet	1 sachet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
soy sauce*	½ tbs	1 tbs
long red chilli (optional)	½	1
sesame dressing	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3397kJ (811Cal)	645kJ (154Cal)
Protein (g)	27g	5.1g
Fat, total (g)	39.7g	7.5g
- saturated (g)	10.5g	2g
Carbohydrate (g)	90.7g	17.2g
- sugars (g)	24g	4.6g
Sodium (mg)	1222mg	232mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. 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!

4



## Cook the tofu

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **tofu**, tossing, until golden, **4 minutes**. Add the **Southeast Asian spice blend** (see ingredients) and cook until coated and fragrant, **1 minute**. Transfer to a plate.

2



## Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a generous pinch of **salt** and **sugar**. Scrunch the sliced **onion** in your hands, then add it to the **pickling liquid**. Add enough **water** to just cover the **onion**. Set aside.

5



## Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **capsicum**, tossing, until tender, **3 minutes**. Remove from the heat, then add the **sweet chilli sauce** and **soy sauce**. Toss to coat.

3



## Get prepped

Cut the **Japanese tofu** into 2cm cubes. Thinly slice the **carrot** into half-moons. Cut the **capsicum** into bite-sized chunks.

6



## Serve up

Thinly slice the **long red chilli** (if using). Drain the pickled onion. Divide the garlic rice between bowls. Top with the veggies and tofu. Drizzle with the **sesame dressing**. Garnish with the pickled onion, chilli and **crispy shallots** to serve.

Enjoy!

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