



Tofu & Veggie Poke Bowl

with Basmati Rice, Toasted Sesame Dressing & Pickled Cucumber

Grab your Meal Kit with this symbol



Vegetable Stock Powder



Basmati Rice



Cucumber



Peking Marinated Tofu



Carrot



Asian Greens



Sesame Seeds



Plant-Based Mayo



Long Green Chilli (Optional)



Crispy Shallots

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

Plant Based

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

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Sugar

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
water*	1½ cups	3 cups
vegetable stock powder	1 medium sachet	1 large sachet
basmati rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
rice wine vinegar* (for the pickle)	¼ cup	½ cup
Peking marinated tofu	1 packet	2 packets
carrot	1	2
Asian greens	1 head	2 heads
sesame seeds	1 packet	2 packets
plant-based mayo	1 packet (100g)	2 packets (200g)
soy sauce*	1 tbs	2 tbs
sugar*	1 tsp	2 tsp
rice wine vinegar* (for the dressing)	1 tsp	2 tsp
long green chilli (optional)	½	1
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3914kJ (935Cal)	605kJ (145Cal)
Protein (g)	30.5g	4.7g
Fat, total (g)	45.3g	7g
- saturated (g)	6.2g	1g
Carbohydrate (g)	100.3g	15.5g
- sugars (g)	21.4g	3.3g
Sodium (mg)	1908mg	295mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

In a medium saucepan, add the **water** and **vegetable stock powder** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. 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!



Make the sesame dressing

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **plant-based mayo**, **soy sauce**, the **sugar** and **rice wine vinegar (for the dressing)** to the bowl with the toasted **sesame seeds**. Mix well and set aside.



Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **cucumber**, **rice wine vinegar (for the pickle)** and a generous pinch of **sugar** and **salt**. Add just enough **water** to cover the cucumber. Stir to coat and set aside.



Cook the veggies & tofu

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season with **salt** and **pepper**. Transfer to a plate. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **tofu**, tossing, until golden, **4 minutes**. Add the reserved **marinade** and cook until bubbling, **1 minute**. Season to taste.



Get prepped

While the cucumber is pickling, reserve the **marinade** from the **Peking marinated tofu** in a small bowl. Cut the **tofu** into 2cm cubes. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**.



Serve up

Thinly slice the **long green chilli** (if using). Drain the pickled cucumber. Divide the rice between bowls. Top with the Peking tofu, veggies and pickled cucumber. Spoon over the toasted sesame dressing. Garnish with the chilli and **crispy shallots** to serve.

Enjoy!