



Spiced Tofu Rice Bowl

with Sugar Snaps and Pickled Carrot Ribbons

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

22



Firm Tofu



Garlic Clove



Sugar Snap Peas



Carrot



Jasmine Rice



Rice Vinegar



Indonesian Style Spice Mix



Bulgogi Sauce



Sambal Paste



Soy Sauce



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kitchen paper, bowl, garlic press, peeler, saucepan, lid and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------|-----------|-----------|-----------|
| Firm Tofu** 11 | 280g | 420g | 560g |
| Garlic Clove** | 1 | 1 | 2 |
| Sugar Snap Peas** | 80g | 150g | 150g |
| Carrot** | 1 | 2 | 2 |
| Jasmine Rice | 150g | 225g | 300g |
| Rice Vinegar | 15ml | 22ml | 30ml |
| Indonesian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Bulgogi Sauce 11 | 150g | 225g | 300g |
| Sambal Paste | 15g | 22g | 30g |
| Soy Sauce 11 13 | 15ml | 15ml | 30ml |
| Diced Chicken Breast** | 1 pack | 1 pack | 1 pack |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Sugar for the Pickle* | ½ tsp | ½ tsp | 1 tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|--------------------------------|---------------|-------------|-------------|-------------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 564g | 100g | 554g | 100g |
| Energy (kJ/kcal) | 2680 /640 | 475 /114 | 2606 /623 | 471 /113 |
| Fat (g) | 15.2 | 2.7 | 7.9 | 1.4 |
| Sat. Fat (g) | 2.0 | 0.3 | 1.2 | 0.2 |
| Carbohydrate (g) | 97.7 | 17.3 | 93.7 | 16.9 |
| Sugars (g) | 30.4 | 5.4 | 29.5 | 5.3 |
| Protein (g) | 26.2 | 4.7 | 40.0 | 7.2 |
| Salt (g) | 3.20 | 0.57 | 3.25 | 0.59 |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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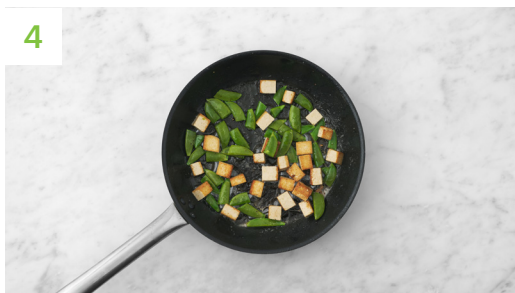


Get Prepped

Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper, then pop into a large bowl and set aside.

Peel and grate the **garlic** (or use a garlic press). Slice the **sugar snap peas** in half lengthways.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



Stir-Fry Time

Heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, fry the **tofu** until slightly **crispy**, 8-10 mins. Turn frequently to ensure it doesn't burn.

When there's 3 mins remaining, add the **sugar snaps** and fry, 2-3 mins.

CUSTOM RECIPE

If you're adding **chicken** instead, add it to the pan on medium-high heat for the same amount of time until cooked through, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

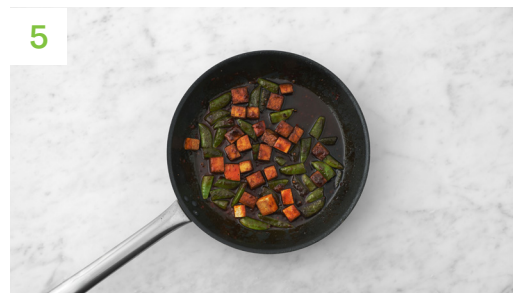


Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **½ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Sauce Things Up

When the **tofu** is crispy and the **veg** is tender, sprinkle over the **Indonesian style spice mix** and stir-fry for 30 secs.

Pour in the **bulgogi sauce**, **sambal paste** (add less if you'd prefer things milder) and **half** the **soy sauce**. Stir to combine.

Bring to the boil, then simmer, 1 min. Add a splash of **water** if it's too thick. Remove from the heat.



Pickle the Carrot

Meanwhile, pop the **carrot ribbons** into a small bowl with the **rice vinegar** and **sugar for the pickle** (see pantry for amount).

Add a pinch of **salt**, mix together and set aside to pickle.



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the remaining **soy sauce**. Share the **rice** between your bowls.

Top your **rice** with the **spiced tofu**, **sugar snaps** and **pickled carrot** in separate sections.

Enjoy!