



# Bulgogi Tofu

with Roasted Bok Choy and Basmati Rice

Rapid 20 Minutes • Veggie

19



Spring Onion



Lime



Bok Choy



Tofu



Cornflour



Steamed Pure  
Basmati Rice



Bulgogi Sauce



White Sesame Seeds

## Before you start

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

## Cooking tools, you will need:

Fine Grater, Baking Tray and Frying Pan.

## Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Lime**	½	1	1
Bok Choy**	1	2	2
Tofu <b>11)</b>	1 block	1½ block	2 blocks
Cornflour	20g	20g	40g
Steamed Pure Basmati Rice	1 pouch	2 pouches	2 pouches
Bulgogi Sauce <b>11)</b>	1 sachet	2 sachets	2 sachets
White Sesame Seeds <b>3)</b>	15g	15g	15g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>424g</b>	<b>100g</b>
Energy (kJ/kcal)	2163/517	510/122
Fat (g)	17	4
Sat. Fat (g)	3	1
Carbohydrate (g)	68	16
Sugars (g)	19	5
Protein (g)	23	5
Salt (g)	1.70	0.40

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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HelloFresh UK

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 You can recycle me!



## Roast the Bok Choi

- Preheat the oven to 160°C.
- Trim the **spring onion** and finely slice.
- Zest and quarter the **lime**.
- Chop the base off the **bok choy** and discard. Slice lengthways into quarters.
- Separate the **bok choy** leaves and pop onto a baking tray with a drizzle of **oil, salt** and **pepper**. Roast on the top shelf of the oven until tender and slightly charred, 10-12 mins. Turn halfway through.



## Cook the Rice

- Cook the **rice** according to pack instructions.



## Coat the Tofu

- Meanwhile, chop the **tofu** into 2cm cubes. Lay them on some kitchen roll to soak up some of the moisture.
- Pop the **cornflour** onto a large plate. Season with **salt** and **pepper**.
- Pop the **tofu** onto the plate. Toss to evenly coat in the **cornflour**.



## Start the Sauce

- Meanwhile, pop **half** the **spring onion** into the now empty frying pan over medium heat (add a drizzle of **oil** if needed).
- Cook for one minute, stirring continuously.
- Add the **bulgogi sauce** to the pan and bring to the boil.
- Allow it to bubble and thicken slightly, 1-2 mins. Remove from the heat.



## Fry the Tofu

- Heat a glug of **oil** in large frying pan over high heat.
- Once hot, add the **tofu** to the pan (leaving any excess **cornflour** behind). Fry until golden all over, 6-8 mins, turning occasionally.
- Tip the **tofu** into a bowl and set side. Keep the pan.



## Finish and Serve

- Divide the **cooked rice** between your bowls and stir through the **lime zest** and remaining **spring onion**.
- Stir the **sesame seeds** and the **juice** from **half** your **lime wedges** into the **tofu** and **bulgogi sauce**.
- Serve the **rice** in bowls with the **tofu** on top. Pop the **bok choy** and leftover **lime wedges** on the side for squeezing over.

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.