



Korean Style Rice Bowl

with Caramelised Tofu and Sesame Seeds

N° 7

CLASSIC 35 Minutes • Very Hot • 2 of your 5 a day • Veggie



Lemongrass



Fragrant Jasmine Rice



Tofu



Carrot



Red Pepper



Spring Onion



Ginger



Garlic



Lime



Chipotle Paste



Rice Vinegar



Soy Sauce



Sesame Oil



Broccoli Florets



White Sesame Seeds

Before you start

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

Basic cooking tools you will need:

Saucepan, Measuring Jug, Coarse Grater, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Lemongrass	1	1	1
Water for the Rice*	300ml	450ml	600ml
Fragrant Jasmine Rice	150g	225g	300g
Tofu 11) **	1 block	1½ blocks	2 blocks
Carrot**	1	1	2
Red Pepper**	1	1½	2
Spring Onion**	1	2	2
Ginger**	½	1	1
Garlic**	1	1	2
Lime**	½	1	2
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Rice Vinegar	1 sachet	1 sachet	2 sachets
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Sesame Oil 3)	½ sachet	½ sachet	1 sachet
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
White Sesame Seeds 3)	½ pot	1 pot	1 pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	541g	100g
Energy (kJ/kcal)	2429 /581	449 /107
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	75	14
Sugars (g)	12	2
Protein (g)	32	6
Salt (g)	5.38	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Cook the Rice

Bash the **lemongrass** with the bottom of a saucepan to release its flavour. Pour the **water** (see ingredients for amount) into a saucepan and add the **lemongrass stick**. Pop onto boil over high heat. When boiling add the **rice** along with ¼ tsp of **salt** and cover the pan with a lid. Lower the heat to medium-low and simmer for 10 mins. After 10 mins, remove from the heat the **rice** will finish cooking in its own steam.



4. Make the Spicy Sauce

In a bowl, mix the **chipotle paste** with the **rice vinegar**, **ginger**, **garlic** and **half** the **soy sauce**. Keep to one side. In another bowl, drizzle **half** the **sesame oil** onto the **grated carrot**. Add a squeeze of **lime juice**, a pinch of **lime zest**, mix well and set aside.



2. Prep Time

Meanwhile, drain the **tofu** and chop into 2cm cubes. Dry the **tofu** well on kitchen paper. Trim the **carrot** and grate coarsely. Pop into a bowl. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **spring onion** and thinly slice. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lime**.



5. Steam the Broccoli

Reheat the frying pan over high heat and add a splash of **oil**. Add the **broccoli** and stir-fry for 2 mins. Add a good splash of **water** and cover with a tight fitting lid or foil. Lower the heat and cook until the **broccoli** is tender, 3-5 mins. Transfer to a plate, cover in foil and wipe out any excess **water** from the pan. Return the **tofu** and **peppers** to the pan and add the **spicy sauce**. Stir and heat until piping hot, 2 mins. Season to taste with **salt** and **pepper**.



3. Stir-Fry the Tofu

Heat a splash of **oil** in a frying pan over high heat. When the oil is hot, carefully add the **tofu** to the pan. Stir-fry until browned, taking care not to break the **tofu**, 4-5 mins. When browned, lower the heat slightly, add the **pepper** and cook, stirring occasionally until softened, another 5 mins. Transfer to a plate, we will reheat it later. Wipe out the pan, we will use it for the broccoli later.



6. Serve

Remove the **lemongrass** from the **rice** and discard. Fluff up the **rice** with a fork. Share between your bowls and drizzle on a little of the remaining **soy sauce**. Cover one-third of the **rice** with the **carrot salad**, another with the **broccoli** and the final third with the sticky, spicy **tofu**. Finish with a sprinkle of **sesame seeds**, **spring onion**, remaining **lime zest** and a squeeze of **lime**.

Enjoy!