



Miso Honeyed Tofu with Shiitake & Chestnut Mushroom Rice

Classic 25 Minutes • 1 of your 5 a day • Veggie

19



Bok Choy



Chestnut Mushrooms



Shiitake Mushrooms



Garlic Clove



Tofu



Plain Flour



Jasmine Rice



Honey



Miso Paste



Soy Sauce

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Kitchen Roll, Large Bowl, Saucepan, Sieve, Frying Pan and Small Bowl.

Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Chestnut Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Shiitake Mushrooms	1 punnet	1½ punnets	2 punnets
Garlic Clove**	1 clove	2 cloves	2 cloves
Tofu 11)	1 block	1½ blocks	2 blocks
Plain Flour 13)	8g	16g	16g
Jasmine Rice	150g	225g	300g
Honey	1 sachet	2 sachets	2 sachets
Miso Paste 11)	1 small sachet	1 large sachet	2 small sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	412g	100g
Energy (kJ/kcal)	2061 / 493	501 / 120
Fat (g)	10	2
Sat. Fat (g)	2	0
Carbohydrate (g)	73	18
Sugars (g)	10	2
Protein (g)	27	6
Salt (g)	2.43	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 13) Gluten

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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Packed in the UK

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Get Prepped

Trim the root from the **bok choy** then thinly slice widthways. Thinly slice the **chestnut** and **shiitake mushrooms**. Peel and grate the **garlic** (or use a garlic press). Drain the **tofu** and pat dry with kitchen roll. Cut the **tofu** into 2cm cubes. Pop the **cubes of tofu** in a large bowl and season with **salt** and **pepper**. Add the **flour** and shake the **tofu** in the bowl to cover evenly.



Crispy Tofu

Wipe out your pan and pop it back on high heat with a glug of **oil**. When the **oil** is hot, add the **tofu pieces** and fry till golden and crisp, 3-4 mins, stir occasionally. Meanwhile, mix the **honey** and **miso** together in a small bowl. Once the **tofu** is golden all over, reduce the heat and allow the pan to cool for a minute or so. Add the **honey and miso mix** into the pan. As it begins to bubble, stir the **tofu** into the **miso mix** to glaze it all over, 1-2 mins. You want the **tofu** to be crisp and caramelised.



Cook the Rice

Bring a large saucepan of **water** to the boil with a 0.25 tsp of **salt** for the rice. When boiling, add the **rice** and cook for 12 mins. Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Quick Tidy

Once the **rice** is cooked, fluff it up with a fork and stir through your **mushrooms** and **bok choy**. Pour in the **soy sauce** and stir through to mix evenly, 1-2 mins. Season with **salt** and **pepper** to taste if needed.



Garlic Mushrooms

Heat a drizzle of **oil** in a large frying pan or work on a high heat. When the **oil** is hot, add the **mushrooms** and fry until golden, 4-5 mins. Stir in the **bok choy** and allow to soften slightly, 1-2 mins. Add the **garlic**, stir together and cook for 1 minute more. Transfer the **vegetables** to a bowl and set aside.



Service!!!

Divide the **mushroom rice** amongst your plates and top with the **crispy miso tofu**.

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.