



# Miso Honeyed Smoked Tofu with Mushroom Rice and Bok Choy

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

N° 19



Bok Choy



Chestnut Mushrooms



Garlic Clove



Smoked Tofu



Cornflour



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:

Cutting Board, Knife, Garlic Press, Bowl, Saucepan, and Frying Pan.

## Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Chestnut Mushrooms**	150g	225g	300g
Garlic Clove	1	2	2
Smoked Tofu <b>11</b> **	225g	337g	450g
Cornflour	10g	15g	20g
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Honey	2 sachets	3 sachets	4 sachets
Miso Paste <b>11</b>	30g	45g	60g
Soy Sauce <b>11</b> <b>13</b>	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	378g	100g
Energy (kJ/kcal)	2151 /514	570 /136
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	80	21
Sugars (g)	16	4
Protein (g)	25	7
Salt (g)	4.26	1.13

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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HelloFresh UK

Packed in the UK

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 You can recycle me!



## Get Prepped

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



## Fry the Tofu

Wipe out your pan and pop back on high heat with a drizzle of **oil**. When the **oil** is hot, add the **tofu** pieces and fry until golden and crisp, 3-4 mins, stirring occasionally. Meanwhile, mix the **honey** and **miso** together in a small bowl.



## Cook the Rice

Pour the cold **water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



## Finish Up

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** in the **miso mix** to glaze all over, 1-2 mins. 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 wok on 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 min more. Transfer the **vegetables** to a bowl and set aside.



## Serve

Divide the **mushroom rice** between your bowls 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.