



Spicy Mushroom Mapo Tofu with Spinach and Jasmine Rice

Rapid 20 Minutes • Very Hot! • 1 of your 5 a day • Veggie

18



Jasmine Rice



Garlic



Spring Onion



Tofu



Cornflour



Sliced Mushrooms



Miso Paste



Soy Sauce



Szechuan Paste



Baby Spinach

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Garlic Press, Bowl, Plate, Kitchen Paper and Frying Pan.

Ingredients

	2P	3P	4P	5P
Jasmine Rice	150g	225g	300g	300g
Garlic**	2	3	4	4
Spring Onion**	1	2	2	2
Tofu** (11)	280g	420g	560g	560g
Cornflour	20g	30g	40g	40g
Sliced Mushrooms**	180g	240g	360g	360g
Miso Paste (11)	15g	22g	30g	30g
Soy Sauce (11) (13)	1 sachet	1½ sachets	2 sachets	2 sachets
Szechuan Paste (11)	75g	125g	150g	150g
Water for the Sauce*	50ml	75ml	100ml	100ml
Sugar*	2 tsp	3 tsp	4 tsp	4 tsp
Baby Spinach**	100g	150g	200g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	491g	100g
Energy (kJ/kcal)	2400 /573	489 /117
Fat (g)	12	2
Sat. Fat (g)	2	1
Carbohydrate (g)	87	18
Sugars (g)	12	2
Protein (g)	30	6
Salt (g)	4.58	0.93

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.

Thumbs up or thumbs down?

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Packed in the UK

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Cook the Rice

a) Bring a large saucepan of **water** to the boil with **¼ tsp** of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Quick Prep

a) Meanwhile, peel and grate the **garlic** (or use a **garlic** press).

b) Trim and thinly slice the **spring onion**.

c) Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.



Fry the Tofu

a) Add the **cornflour** to a bowl, season with **salt** and **pepper**. Toss the **tofu** into the **flour** and mix until fully coated.

b) Heat a drizzle of **oil** in a large frying pan on high heat.

c) Once hot, add the **tofu pieces** to the pan. Fry until crispy, 6-8 mins. Carefully turn every 1-2 mins to ensure they don't burn.

d) When ready, transfer the **tofu** to a plate lined with kitchen paper.



Cook the Mushrooms

a) Pop the now (empty pan) back on high heat with a drizzle of **oil**. Add the **mushrooms**, season with **salt** and **pepper** and cook until browned, 3-4 mins, stirring occasionally.

b) Meanwhile, in a bowl, mix together the **garlic**, **miso**, **soy sauce**, **Szechuan paste**, **water** and **sugar** (see ingredients for both amounts).

c) Pour the **sauce** into the pan. Bring to the boil, then lower the heat to medium.



Wilt the Spinach

a) Next, return the **tofu** to the pan with the **sauce** and stir to coat.

b) Add the **spinach** into the pan a handful at a time until wilted and piping hot, 1-2 mins.

c) Taste and season with **salt** and **pepper** if needed. Remove from the heat. **TIP:** Add a splash of water too if the sauce has thickened too much.



Serve

a) Fluff up the **rice** with a fork.

b) Serve the **rice** in bowls, with the **mushroom mapo tofu** on top. Make sure to get all of the **sauce**.

c) Scatter the **spring onions** on top.

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.