



Teriyaki Glazed Tofu with Ginger Fried Rice

Classic 35 Minutes • Medium Spice • 1 of your 5 a day • Veggie

19



Star Anise



Basmati Rice



Tofu



Plain Flour



Thai Spice Blend



Bok Choy



Tenderstem Broccoli®



Garlic Clove



Lime



Spring Onion



Sesame Seeds



Teriyaki Sauce



Ginger Purée

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Star Anise	1 pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Tofu 11)**	1 block	1½ blocks	2 blocks
Plain Flour 13)	8g	16g	16g
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Bok Choy**	1	2	2
Tenderstem Broccoli***	1 small pack	1 large pack	1 large pack
Garlic Clove**	1 clove	2 clove	2 clove
Lime**	½	1	1
Spring Onion**	1	2	2
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Teriyaki Sauce 11)	1 small sachet	1 large sachet	2 small sachets
Water for the Sauce*	50ml	75ml	100ml
Ginger Purée	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	554g	100g
Energy (kJ/kcal)	2297 / 549	415 / 99
Fat (g)	14	2
Sat. Fat (g)	2	1
Carbohydrate (g)	80	14
Sugars (g)	12	2
Protein (g)	28	5
Salt (g)	2.66	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **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

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



Get the Rice On

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt** and the **star anise**. Stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).

2



Tofu Time

Meanwhile, drain and pat your **tofu** dry with some sheets of paper towel. Cut the block in half lengthways and then cut each half into 6-8 cubes. In a small bowl combine the **flour** and **Thai spice blend** (don't use it all if you don't like spice) and season generously with **salt** and **pepper**. Toss the **tofu cubes** through the **flour** ensuring that they are evenly coated.

3



Prep

Trim the **bok choy** then thinly slice widthways. Cut the **tenderstem** in half widthways. Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut into **wedges**. Trim the **spring onion** then slice thinly. Heat a large frying pan or wok on a medium-high heat (no oil). When hot, add the **sesame seeds** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Transfer the **sesame seeds** to a small bowl.

4



Tofu

Pop your frying pan/wok back onto a medium-high heat and add a glug. When hot, add the **tofu** and stir-fry until crispy all over, 8-10 mins. Once the **tofu** is crispy, reduce the heat then carefully add the **teriyaki sauce** and **water** (see ingredients for amount), it'll bubble vigorously so stand back! Then cook, stirring frequently, until the **sauce** has reduced and the **tofu** is glazed, 2-3 mins. Once cooked, remove the **tofu** and all the **sauce** from the pan to a bowl, cover with foil and set aside. Wipe the pan clean.

5



Fry Time

Put the frying pan back on a medium-high heat, drizzle with **oil**. When hot add the **tenderstem broccoli** and stir-fry until starting to brown, 2-3 mins. Add a splash of **water**, cover with a lid or tin foil and steam fry until the **broccoli** is tender, 2-3 more mins. Once tender, remove the lid and add the **ginger purée**, **lime zest**, **garlic** and **bok choy**. Stir fry until the **bok choy** has wilted, 1-2 mins. Remove the **star anise** from the **rice** and add the **rice** to the pan with the **veg**. Stir to combine. Season with a pinch of **salt** and a squeeze of **lime juice** if needed.

6



Time to Serve

Share the **stir fried rice** and **veg** between your bowls. Top with the **teriyaki glazed tofu**. Sprinkle over the **sesame seeds** and **spring onion** and serve with any remaining **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.