



Ultimate Crispy Tofu Satay Rice Bowl with Roasted Tenderstem® and Pickled Radishes

Veggie Ultimate 35-40 Minutes • Mild Spice • 2 of your 5 a day

37



Jasmine Rice



Lime



Radishes



Tenderstem® Broccoli



Tofu



Indonesian
Style Spice Mix



Panko Breadcrumbs



Coconut Milk



Peanut Butter



Sambal



Ketjap Manis

Pantry Items
Oil, Salt, Pepper, Sugar, Egg

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, fine grater, bowl, baking tray, kitchen paper, whisk and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Lime**	1	1½	2
Radishes**	100g	150g	200g
Tenderstem® Broccoli**	150g	200g	300g
Tofu** 11	280g	420g	560g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Peanut Butter 1	30g	45g	60g
Sambal	15g	23g	30g
Ketjap Manis 11	25g	38g	50g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4121 / 985	717 / 171
Fat (g)	44.7	7.8
Sat. Fat (g)	23.5	4.1
Carbohydrate (g)	107.8	18.8
Sugars (g)	17.3	3.0
Protein (g)	41.0	7.1
Salt (g)	2.31	0.40

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1 Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



4 Time to Fry

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** *You want the oil to be hot so the tofu fries properly - heat for 2-3 mins before you add the tofu.*

Meanwhile, roast the **broccoli** on the middle shelf of your oven until tender and crispy, 10-12 mins.

Once the **oil** is hot, carefully lay the **tofu** into the pan, reduce the heat to medium-high and fry until golden, 8-10 mins. Turn every 2-3 mins and adjust the heat if necessary. **TIP:** *Fry in batches if needed, adding more oil to the pan if it's looking dry.*

Transfer the **tofu** to a plate lined with kitchen paper.



2 Pickle your Radishes

Meanwhile, preheat your oven to 220°C/200°C fan/gas mark 7. Zest and halve the **lime**.

Trim and thinly slice the **radishes**, then pop them into a small bowl. Squeeze in **half the lime juice**, add the **sugar for the pickle** (see pantry for amount) and season with **salt**. Set your **pickle** aside.

Halve any thick **broccoli stems** lengthways, then pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer and set aside for now.



5 Make your Satay Sauce

While the **tofu** fries, pop a medium saucepan on medium-high heat.

Add the **coconut milk, peanut butter, sambal, ketjap manis, sugar for the sauce** (see pantry for amount) and remaining **Indonesian style spice mix**. Stir to combine.

Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins. Remove from the heat and add a squeeze of **lime juice**.



3 Crumb the Tofu

Drain the **tofu** and cut widthways into slices (3 per person). Pat dry with kitchen paper, then season. Sprinkle over **half the Indonesian style spice mix**, pressing it in so it sticks.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **panko breadcrumbs** into another medium bowl, season with the **salt** (see pantry for amount) and **pepper**.

Dip the **tofu** into the **egg**, then the **breadcrumbs**, until completely coated. Transfer to a clean plate.



6 Finish and Serve

When everything's ready, add the **lime zest** to the **rice** and fluff up with a fork. Share it out between your bowls.

Top with the **crispy tofu, roasted broccoli** and **pickled radishes**.

Spoon the **satay sauce** over the **crispy tofu** to finish.

Enjoy!