



Korean Inspired Bulgogi Tofu Rice Bowl

with Tenderstem® Broccoli and Pickled Carrot Ribbons

Classic 30-35 Minutes • **Medium Spice** • 1 of your 5 a day

22



Jasmine Rice



Carrot



Rice Vinegar



Tenderstem® Broccoli



Garlic Clove



Firm Tofu



Indonesian Style Spice Mix



Bulgogi Sauce



Sambal Paste



Soy Sauce



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar, Plain Flour

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, peeler, bowl, garlic press, frying pan, aluminium foil and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Tenderstem® Broccoli**	80g	150g	200g
Garlic Clove**	1	1	2
Firm Tofu** (11)	280g	420g	560g
Indonesian Style Spice Mix	1 sachet	2 sachets	2 sachets
Bulgogi Sauce (11)	150g	225g	300g
Sambal Paste	15g	22g	30g
Soy Sauce (11) (13)	15ml	15ml	30ml

Diced British Chicken Breast**	240g	390g	520g
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Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Salt*	¼ tsp	½ tsp	½ tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	593g	100g	583g	100g
Energy (kJ/kcal)	2883 / 689	486 / 116	2680 / 641	459 / 110
Fat (g)	16.7	2.8	8.1	1.4
Sat. Fat (g)	2.3	0.4	1.3	0.2
Carbohydrate (g)	97.7	16.5	96.3	16.5
Sugars (g)	28.8	4.9	28.8	4.9
Protein (g)	32.4	5.5	40.8	7.0
Salt (g)	4.07	0.69	4.12	0.71

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

Allergens

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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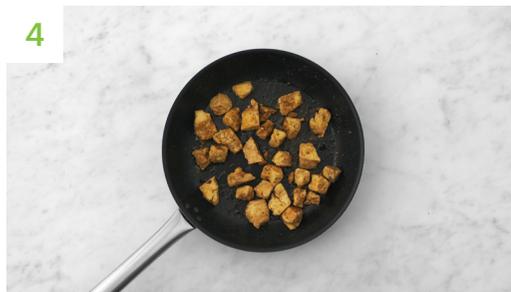
Cook the Rice

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).



Stir-Fry Time

Drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks.

In a medium bowl, combine the **Indonesian style spice mix**, **plain flour** and **salt** (see pantry for both amounts). Add the **tofu chunks** and toss to coat.

Heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat.

Once hot, fry the **tofu** until golden and crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

CUSTOM RECIPE

If you've chosen **chicken** instead, prep and fry for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

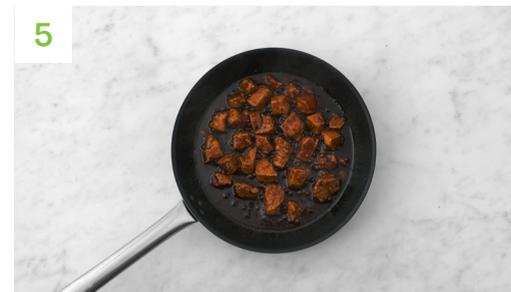


In a Pickle

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a medium bowl, combine the **rice vinegar**, **sugar for the pickle** (see pantry for amount) and a pinch of **salt** and **pepper**.

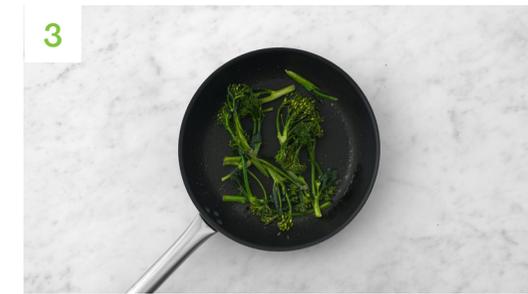
Add the **carrot ribbons**, toss to coat, then set aside to pickle.



Sauce Things Up

When the **tofu** is crispy, pour in the **bulgogi sauce**, **sambal paste** (add less if you'd prefer things milder), **half the soy sauce** and the **water for the sauce** (see pantry for amount).

Stir to combine, bring to the boil and simmer until thickened slightly, 1-2 mins. Remove from the heat.



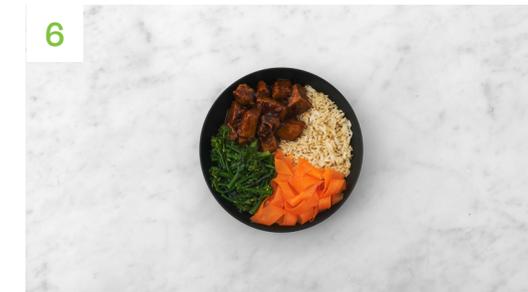
Time for Tenderstem®

Halve the **broccoli** widthways. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

Add the **garlic** and cook until fragrant, 30 secs, then add a splash of **water**. Cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.

Transfer to a bowl and cover to keep warm.



Finish and Serve

When everything's ready, fluff up the **rice** with a fork and stir through the remaining **soy sauce**.

Share the **rice** between your bowls.

Top with the **bulgogi tofu**, **garlic broccoli** and **pickled carrot** in separate sections.

Enjoy!