



Gochujang Tofu Rice Bowl

with Tenderstem® Broccoli and Zesty Rice

Classic 30-40 Minutes • Mild Spice • 1 of your 5 a day

40



Jasmine Rice



Tenderstem® Broccoli



Garlic Clove



Lime



Firm Tofu



Cornflour



Gochujang Paste



Ketjap Manis



Honey



Soy Sauce



Roasted White Sesame Seeds



King Prawns

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Make it Pescatarian

If you chose to make this recipe pescatarian, 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, garlic press, fine grater, frying pan, kitchen paper and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	2	3
Lime**	1	1	1
Firm Tofu** 11	250g	250g	375g
Cornflour	10g	15g	20g
Gochujang Paste 11	50g	80g	100g
Ketjap Manis 11	25g	37g	50g
Honey	15g	22g	30g
Soy Sauce 11 13	15ml	25ml	30ml
Roasted White Sesame Seeds 3	5g	7g	10g
King Prawns* 5	225g	300g	450g

Pantry	2P	3P	4P
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Water*	125ml	175ml	250ml
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	564g	100g	551g	100g
Energy (kJ/kcal)	2557 / 611	453 / 108	2042 / 488	370 / 89
Fat (g)	13.1	2.3	3.1	0.6
Sat. Fat (g)	2.2	0.4	0.8	0.1
Carbohydrate (g)	92.9	16.5	90.7	16.5
Sugars (g)	22.5	4.0	21.8	4.0
Protein (g)	29.2	5.2	23.8	4.3
Salt (g)	4.06	0.72	5.54	1.00

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 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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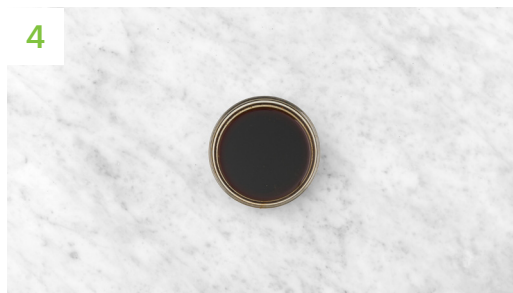


Rice Rice Baby

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

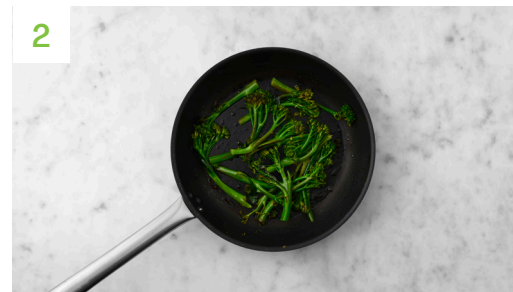
Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Mix the Sauce

In the meantime, in a medium bowl, combine the **gochujang paste**, **ketjap manis**, **honey**, **soy sauce**, **ketchup** and **water for the sauce** (see pantry for both amounts). **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



Prep the Veg

Cut the **Tenderstem® broccoli** into thirds. Peel and grate the **garlic** (or use a garlic press). Zest and cut the **lime** into wedges.

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 a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 4-6 mins more. Season with **salt** and **pepper**.

Remove the **broccoli** from the pan, cover to keep warm and set aside for later.



Sauce Things Up

Once the **tofu** is slightly crispy, lower the heat to medium, add the **garlic** and stir-fry, 30 secs.

Stir the **sauce** into the pan until the **tofu** is coated. Bring to a boil, then lower the heat and simmer until the **sauce** has thickened slightly, 3-4 mins.

Stir the **broccoli** through the **sauce** until piping hot, 1-2 mins. Add a squeeze of **lime juice** from a **lime wedge**.

Taste and season with **salt**, **pepper** and more **lime juice** if needed. Add a splash of **water** if the **sauce** is a little thick.



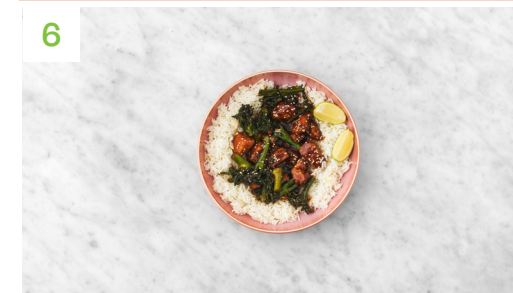
Get Frying

Meanwhile, drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks. Add the **tofu** to a medium bowl with the **cornflour**. Season with **salt** and **pepper**, then toss to coat.

Heat the (now empty) frying pan on high heat with a generous drizzle of **oil**. Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then coat in the same way. Fry, 2-3 mins, continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.**



Serve Up

Fluff up your **rice** with a fork and stir through the **lime zest**. Share the **zesty rice** between your bowls.

Top with your **gochujang tofu stir-fry**.

Sprinkle over the **sesame seeds** and serve with any remaining **lime wedges** to finish.

Enjoy