



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

41



Jasmine Rice



Carrot



Rice Vinegar



Tenderstem® Broccoli



Garlic Clove



Firm Tofu



Indonesian Style Spice Mix



Bulgogi Sauce



Sambal Paste



Soy Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar, Plain Flour

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, peeler, bowl, garlic press, frying pan 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) | 250g | 375g | 500g |
| Indonesian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Bulgogi Sauce 11) | 150g | 225g | 300g |
| Sambal Paste | 15g | 22g | 30g |
| Soy Sauce 11) 13) | 15ml | 15ml | 30ml |
| King Prawns** 5) | 225g | 300g | 450g |

| 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 | ½ 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 | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|----------|---------------|----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 578g | 100g | 566g | 100g |
| Energy (kJ/kcal) | 2797 /668 | 484 /116 | 2283 /546 | 403 /96 |
| Fat (g) | 16.4 | 2.8 | 6.4 | 1.1 |
| Sat. Fat (g) | 2.3 | 0.4 | 0.9 | 0.2 |
| Carbohydrate (g) | 98.4 | 17.0 | 96.1 | 17.0 |
| Sugars (g) | 29.3 | 5.1 | 28.7 | 5.1 |
| Protein (g) | 28.0 | 4.8 | 22.7 | 4.0 |
| Salt (g) | 3.97 | 0.69 | 5.45 | 0.96 |

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

Allergens

5) Crustaceans 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.



Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then coat them in the same way. Stir-fry, 4-5 mins, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.

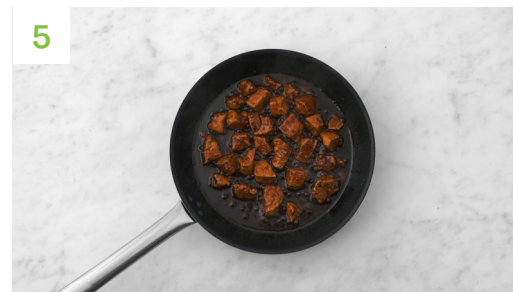


In a Pickle

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**.

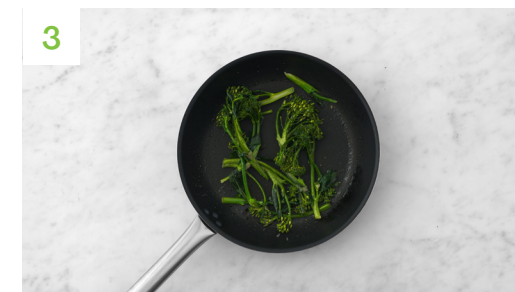
Add the **carrot ribbons**, toss to coat, then set aside to pickle.



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.

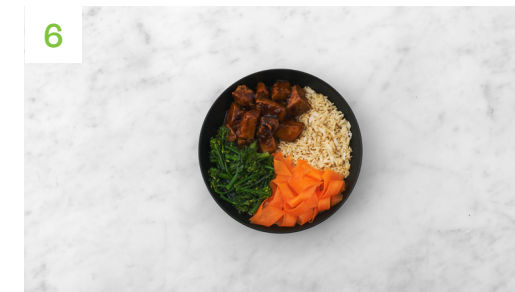


Time for Tenderstem®

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!