



Sticky Teriyaki Tofu and Veg with Ginger and Spring Onion Rice

Tasty Tofu 25-30 Minutes • 2 of your 5 a day • Veggie

21



Ginger Puree



Basmati Rice



Tofu



Garlic Clove



Bell Pepper



Pak Choi



Spring Onion



Lime



Teriyaki Sauce



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Plain Flour

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, kitchen paper, bowl, frying pan, garlic press and fine grater.

Ingredients

Ingredients	2P	3P	4P
Ginger Puree	15g	22g	30g
Basmati Rice	150g	225g	300g
Tofu** 11)	280g	420g	560g
Garlic Clove**	1	2	2
Bell Pepper***	1	1½	2
Pak Choi**	1	1½	2
Spring Onion**	1	2	2
Lime**	½	1	1
Teriyaki Sauce 11)	150g	225g	300g
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	467g	100g
Energy (kJ/kcal)	2700 /645	579 /138
Fat (g)	12.4	2.7
Sat. Fat (g)	1.8	0.4
Carbohydrate (g)	104.2	22.3
Sugars (g)	30.1	6.5
Protein (g)	29.9	6.4
Salt (g)	4.58	0.98

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

Allergens

3) Sesame 11) Soya

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 Ginger Rice

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat.

Once hot, add the **ginger puree** and stir-fry for 1 min, then add the **rice** and toast for 1 min more.

Stir in the **water for the rice** (see pantry for amount) 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 Bring on the Veg

Wipe out the (now empty) **tofu** pan and pop back on medium-high heat with a drizzle of **oil**.

Once hot, add the **pak choi** and **sliced pepper**.

Stir-fry until softened, 4-5 mins.

Add the **garlic** and **lime zest**. Cook for 1 min more.



2 Fry the Tofu

Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper, then add to a medium bowl with the **flour** (see pantry for amount) and season with **salt** and **pepper**. Toss to coat.

Heat a drizzle of **oil** in a large frying pan on high heat.

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

Once golden, transfer to a plate lined with kitchen paper. Season again with **salt** and **pepper**.



5 Sauce Things Up

Add the **teriyaki sauce** and **crispy tofu** to the pan, gently stirring to combine. Cook until piping hot, 1-2 mins.

Squeeze in some **lime juice**, then remove from the heat.

Fluff up the **rice** with a fork, then stir through the **spring onion** and remaining **lime zest**.



3 Prep Time

While the **tofu** is frying, peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Trim the **pak choi**, then thinly slice widthways. Trim and thinly slice the **spring onion**.

Zest the **lime** and cut into wedges.



6 Finish and Serve

When ready, share the **ginger and spring onion rice** between your bowls, then top with the **sticky tofu**.

Finish with a sprinkling of **roasted sesame seeds** over the top.

Serve with any remaining **lime wedges** alongside for squeezing over.

Enjoy!