



Crumbed Tofu Rice Bowl with mushrooms and pickled cucumber

Veggie 35 – 40 mins • Optional spice

7



Breadcrumbs



Mushrooms



Sweet Chilli Sauce



Cucumber



Scallion



Apple Cider Vinegar



Jasmine Rice



Aioli



Ketjap Manis



Tofu



Dried Chilli Flakes

Pantry Items: Salt, Sugar, Flour, Pepper, Water, Oil



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pot with lid

Ingredients

	2P	4P
Breadcrumbs	1 pack	2 packs
Mushrooms	150 g	250 g
Sweet Chilli Sauce	1 sachet	1 sachet
Cucumber	2 units	4 units
Scallion	2 units	4 units
Apple Cider Vinegar	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Aioli	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets
Tofu	250 g	500 g
Dried Chilli Flakes	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	513.4 g	100 g
Energy (kJ/kcal)	3343 kJ/ 799 kcal	651.2 kJ/ 155.6 kcal
Fat (g)	29.1 g	5.7 g
Sat. Fat (g)	4.4 g	0.9 g
Carbohydrate (g)	100.9 g	19.7 g
Sugars (g)	17.6 g	3.4 g
Protein (g)	59.8 g	11.6 g
Salt (g)	3.2 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Place a pot over medium-high heat with 300ml cold **water** (double for 4p).
- Stir in the **rice** and ring to the boil. Once boiling, lower heat to medium, cover and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins to allow the **rice** to cook in its own steam.
- Once cooked, stir through ¼ tsp **salt**, 1 tsp **sugar** (double both for 4p) and **half** the **apple cider vinegar**.



Bake the Tofu

- Add the crumbed **tofu** to a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Bake on the top shelf until golden, 20-22 mins. Turn the tray halfway through.



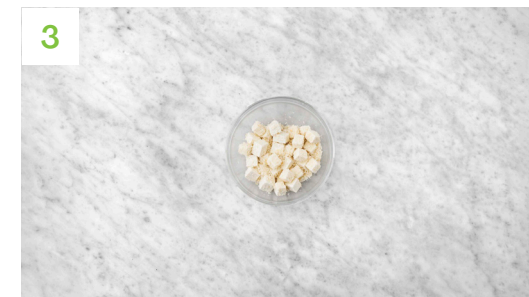
Pickle the Cucumber

- Meanwhile, trim the **cucumber** and halve lengthways. Scoop out the seeds. Chop widthways into small pieces.
- In a bowl, mix the remaining **apple cider vinegar**, ¼ tsp **salt** and 1 tsp **sugar** (double both for 4p). Add the **cucumber** and set aside to marinate, continuing to toss occasionally.
- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**, keeping the green and white portions separate.
- Mix the **aioli** with the **sweet chilli sauce**.



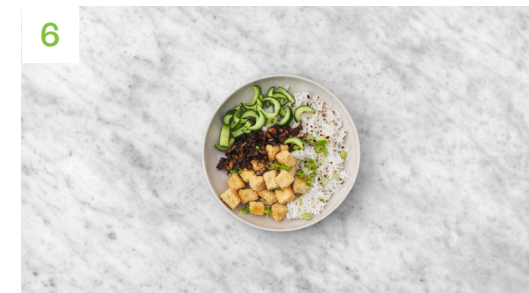
Fry the Mushrooms

- With 5 mins remaining on the **tofu** cooking time, place a large pan over medium-high heat with a drizzle of **oil**.
- Fry the **mushrooms** with the white of the **scallion** for 5-6 mins. Stir in the **ketjap manis**.



Crumb the Tofu

- Drain the **tofu** and chop into 2cm cubes.
- In a bowl, mix 1 tbsp **flour**, 2 tbsp **water** and ¼ tsp **salt** (double all for 4p).
- To another bowl, add **breadcrumbs** and season with **salt** and **pepper**.
- Toss the **tofu** first in the **flour** mixture and then in the **breadcrumbs**.



Garnish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with pickled **cucumber**, fried **mushrooms** and crumbed **tofu**.
- Drizzle over the **sweet chilli aioli**.
- Garnish with a scattering of green **scallion** and dried **chilli flakes** to taste (use less if cooking for kids or if you don't like spice).

Enjoy!