



Mango-Glazed Caribbean-Style Tofu

with Creamy Coleslaw and Green-Onion Lime Rice

Veggie

Spicy

35 Minutes

SEIZE THE FRESHEST OF SUMMER!



Tofu
1 | 2



Basmati Rice
¾ cup | 1 ½ cup



Coleslaw Cabbage Mix
170 g | 340 g



Green Onion
1 | 2



Lime
1 | 1



Mango Chutney
4 tbsp | 8 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Jerk Spice Blend
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

vida
PADERNO



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Ingredient quantities 56 g | 113 g
2 person | 4 person

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Sear and roast tofu

- Meanwhile, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season all over with **Jerk Spice Blend**, **salt** and **pepper**. Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. (**NOTE:** Don't overcrowd the pan; cook **tofu** in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer **tofu** to a parchment-lined baking sheet. Bake in the **middle** of the oven until **tofu** is golden 10-12 min.
- Set **tofu** aside.

3



Make coleslaw

- Meanwhile, zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges. Add **mayo**, **lime juice**, **half the lime zest**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **coleslaw cabbage mix** to bowl with **dressing**. Toss to coat.

4



Cook glaze

- Reheat the same pan (from step 2) over medium.
- When hot, add **soy sauce**, **mango chutney** and **2 tbsp** (4 tbsp) **water**. Season with **pepper**.
- Remove from heat.

5



Flavour rice

- Meanwhile, thinly slice **green onions**.
- Fluff **rice** with a fork, then add **half the green onions** and **remaining lime zest**.

6



Finish and serve

- Thinly slice **tofu**.
- Divide **rice**, **tofu** and **coleslaw** between plates. Spoon **glaze** from the pan over **tofu** and sprinkle with **remaining green onions**. Squeeze a **lime wedge** over top, if desired.