



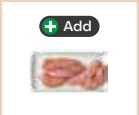
Bang Bang Tofu Bowls

with Edamame Rice and Avocado Salad

Veggie

Spicy

30 Minutes



Chicken Breast
Tenders *
310 g | 620 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Tofu
1 | 2



Cornstarch
2 tbsp | 4 tbsp



Edamame
56 g | 113 g



Radish
3 | 6



Avocado
1 | 2



Jasmine Rice
3/4 cup | 1 1/2 cups



Spicy Mayo
2 tbsp | 4 tbsp



Green Onion
2 | 4



Sesame Seeds
9 g | 18 g



Seasoned Rice
Vinegar
2 tbsp | 4 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, pepper, salt, sugar

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, 2 medium bowls, medium pot, paper towels, strainer

1



Cook rice

• Before starting, wash and dry all produce.

- To a medium pot, add **1 cup** (2 cups) **water** and **½ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- To the boiling water, add **rice** and **edamame**, then reduce heat to medium-low.
- Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed. (**NOTE:** Reduce heat to low if water is boiling over.)
- Stir in **half the vinegar** and **½ tsp** (1 tsp) **sugar**.
- Remove the pot from heat. Set aside, still covered.

2



Prep

+ Add | **Chicken Breast Tenders**

- Meanwhile, cut **radishes** into ¼-inch pieces.
- Carefully cut **avocado** around the pit, separating the halves. Discard the pit. Scoop out **avocado** with a spoon, then cut into ½-inch pieces.
- Thinly slice **green onions**.

3



Prep and cook tofu

- Pat **tofu** dry with paper towels, then cut into ½-inch pieces. Season with **salt** and **pepper**.
- In a zip-top bag, combine **cornstarch** and **sesame seeds**. Add **tofu** and toss to coat.
- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp oil**, then **tofu**.
- Pan-fry for 7-8 min, turning occasionally, until crispy and golden all over. (**NOTE:** Cook tofu in 2 batches for 4 servings, using 1 tbsp oil per batch.) Transfer to a medium bowl.

4



Make avocado salad

- Meanwhile, to another medium bowl, add **radishes**, **avocado**, **half the green onions**, **remaining vinegar** and **¼ tsp** (½ tsp) **sugar**.
- Season with **salt** and **pepper**.
- Stir together, then set aside in the fridge.

5



Finish tofu

- To the bowl with **tofu**, add **sweet chili sauce**, then toss to combine.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- Divide **edamame rice** between bowls.
- Top with **bang bang tofu** and **avocado salad**.
- Sprinkle **remaining green onions** over top.
- Drizzle with **spicy mayo**.

Measurements **1 tbsp** (2 tbsp) **oil**
within steps 2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Transfer to a plate and cover to keep warm. Use the same pan to cook **tofu** in step 3.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top bowls with **chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.