

# HELLO Easy Sesame Tofu with Veggie-Tossed Rice

Family Friendly

Veggie

15 - 25 Minutes













1 tbsp | 2 tbsp

4 tbsp | 8 tbsp





1 tbsp | 2 tbsp

3/4 cup | 1 ½ cups





3/4 tsp | 1 1/2 tsp

Shanghai Bok Choy 1 | 2





113 g | 227 g

1 ½ tsp | 3 tsp

Allengens 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. Cooking utensils | Measuring spoons, strainer, medium pot, large bowl, measuring cups, large non-stick pan



## Cook rice

- Before starting, add 1 cup (2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- · Wash and dry all produce.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add rice to the boiling water, then reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



#### Cook tofu

- Add 1 tbsp oil to the same pan (used in step 3) over medium heat. (NOTE: Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch).
- When hot, add coated tofu. Pan-fry until tofu is golden-brown and cooked through, 3-4 min per side.\*\*
- Transfer tofu to the large bowl with honeygarlic mixture. Toss until coated in sauce.



## Prep

- Cut bok choy into 1-inch pieces. Wash and drain.
- Stir together honey-garlic sauce and half the soy sauce in a large bowl. Set aside.
- Add cornstarch and sesame seeds to a ziptop bag. Close bag, then shake to combine. Set aside.
- Cut **tofu** into 1-inch pieces, then pat dry with paper towels.
- Season with ½ tsp (1 tsp) garlic salt and pepper.
- Add tofu to the bag. Close bag, then shake to coat tofu with sesame-cornstarch mixture. Set aside.



#### Finish and serve

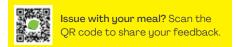
- Add 1 tbsp (2 tbsp) butter and remaining soy sauce to the pot with rice. Stir to combine. Season with salt.
- Divide veggie-tossed rice between plates, then top with tofu, spooning any remaining sauce from the bowl over top.



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame oil**, then **mirepoix**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **bok choy**. Cook, stirring often, until tender-crisp, 1-2 min.
- Season with 1/4 tsp (1/2 tsp) garlic salt and pepper.
- When **rice** is tender, transfer **veggies** to the pot. Cover to keep warm.
- Carefully wipe pan clean.





Measurements

within steps