



# Easy Sesame Tofu

## with Veggie-Tossed Rice

Family Friendly

Veggie

15 - 25 Minutes



Tofu  
1 | 2



Cornstarch  
1 tbsp | 2 tbsp



Sesame Seeds  
1 tbsp | 2 tbsp



Honey-Garlic Sauce  
4 tbsp | 8 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Jasmine Rice  
¾ cup | 1 ½ cups



Garlic Salt  
¾ tsp | 1 ½ tsp



Shanghai Bok Choy  
1 | 2



Mirepoix  
113 g | 227 g



Soy Sauce  
1 ½ tsp | 3 tsp

**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 **56g** | **113g**  
2 person | 4 person

1



### Cook rice

- Before starting, add **1 cup** (2 cups) **water** and **½ tsp** (¼ 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.

2



### 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 zip-top 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.

3



### 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 **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- When **rice** is tender, transfer **veggies** to the pot. Cover to keep warm.
- Carefully wipe pan clean.

4



### 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 **honey-garlic mixture**. Toss until coated in **sauce**.

5



### 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.

