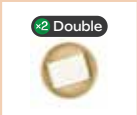




Ginger-Glazed Tofu Bowls

with Toasted Cashews, Pickled Radishes and Cilantro Rice

Veggie 20 Minutes



Tofu
2 | 4

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



Jasmine Rice
¾ cup | 1 ½ cups



Sweet Bell Pepper
1 | 2



Edamame
56 g | 113 g



Radish
3 | 6



Cilantro
7 g | 14 g



Cashews
28 g | 56 g



Vegetarian Oyster Sauce
4 tbsp | 8 tbsp



Ginger Sauce
4 tbsp | 8 tbsp



Cornstarch
1 tbsp | 2 tbsp



Rice Vinegar
1 tbsp | 2 tbsp



Garlic Salt
1 tsp | 2 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.

Pantry items | Unsalted butter, sugar, oil, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, strainer, medium pot, small pot, small bowl, measuring cups, large non-stick pan, paper towels, zip-top bag

1



Cook rice

- Before starting, add 1 cup (2 cups) water, 1 tbsp (2 tbsp) butter and half the garlic salt to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- While **water** boils, using a strainer, rinse **rice** until water runs clear.
- Once boiling, 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



Pickle radishes

- Meanwhile, halve **radishes** lengthwise, then cut into thin half-moons.
- Add **radishes**, **vinegar**, **2 tbsp** (4 tbsp) **water** and **2 tsp** (4 tsp) **sugar** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat.
- Transfer **radishes**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.

3



Prep tofu and toast cashews

- Pat **tofu** dry with paper towels, then cut into ½-inch cubes.
- Add **tofu** and **cornstarch** to a zip-top bag. Seal bag and shake to coat **tofu**.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Heat a large non-stick pan over medium heat.
- When hot, add **cashews** to the dry pan.
- Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Remove from heat.
- Transfer **toasted cashews** to a plate.

4



Cook veggies

- Add **ginger sauce**, **oyster sauce**, ½ **tsp** (¼ tsp) **sugar** and ¼ **cup** (½ cup) **water** to a small bowl. Stir to combine.
- Reheat the same pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **edamame**, **peppers** and **2 tbsp** (4 tbsp) **water**.
- Cook, stirring often, until **peppers** are tender-crisp and water evaporates, 5 min. Season with **pepper** and **remaining garlic salt**.
- Transfer **veggies** to a plate.

5



Cook tofu and sauce

- Add **1 tbsp oil** to the same pan, then **tofu**.
- Pan-fry, turning **cubes** occasionally, until crispy and golden-brown all over, 4-5 min. (**TIP:** For 4 ppl cook tofu in 2 batches, using 1 tbsp oil for each batch!)
- Add **prepared sauce** (from step 4). Cook, stirring often, until **tofu** is coated and **sauce** has thickened slightly, 1-2 min.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **half the cilantro**.
- Divide **cilantro rice** between bowls. Top with **peppers**, **tofu** and **pickled radishes**.
- Spoon **any remaining sauce** over **tofu**.
- Sprinkle **toasted cashews** and **remaining cilantro** over top.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Prep tofu

×2 Double | Tofu

If you've opted for **double tofu**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of tofu**. Don't overcrowd the pan. Cook in batches as needed, using **1 tbsp oil** per batch.



Issue with your meal? Scan the QR code to share your feedback.