

# HELLO Honey-Garlic Tofu Bowls with Peppers and Carrots

Veggie

30-40 Minutes







34 cup | 1 ½ cup



Pepper



1 2

1 | 2







Honey-Garlic



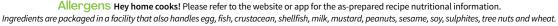
Soy Sauce 4 tbsp | 8 tbsp 1 tbsp | 2 tbsp



All-Purpose Flour

Green Onion

1 | 2 1 tbsp | 2 tbsp



Cooking utensils | Medium bowl, vegetable peeler, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels



#### Cook rice

- · Before starting, wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and ¼ 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.



## Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Thinly slice green onion.



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add 3 tbsp (½ cup) water,
  ½ tsp (½ tsp) salt and carrots. Cook, stirring often, until water is absorbed and carrots are tender-crisp, 4-5 min.
- Add 1 tbsp (2 tbsp) oil, then peppers. Cook, stirring often, until veggies are tender, 3-4 min.
- Remove from heat, then transfer veggies to a plate. Cover to keep warm.



## Prep tofu

- Meanwhile, pat tofu dry with paper towels, then cut into 1-inch pieces.
- Season with salt and pepper. Add tofu and flour to a medium bowl. Toss well to coat each tofu piece.



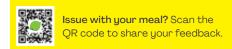
### Cook tofu and sauce

- Reheat the same pan (from step 3) over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then tofu.
  Cook, stirring occasionally, until browned,
  4-6 min.
- Add ½ cup (1 cup) water, honey-garlic sauce and soy sauce. Bring to a boil.
- Cook, stirring often, until **sauce** thickens, 2-3 min.
- Remove from heat, then season with salt and pepper, to taste.



#### Finish and serve

- Fluff rice with a fork, then stir in half the green onions.
- Divide rice between bowls.
- Top with veggies and honey-garlic tofu stir-fry.
- Sprinkle **remaining green onions** over top.



Measurements

within steps

1 tbsp

(2 tbsp)

oil