

HELLO Satay-Inspired Tofu Bowls

with Snow Peas and Crunchy Red Cabbage Slaw

Veggie

25 Minutes







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 降

Tofu 2 | 4







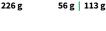


34 cup | 1 ½ cups



Snow Peas

shredded 113 g | 226 g









Cilantro 7 g | 14 g









Ginger Sauce 4 tbsp | 8 tbsp

Rice Vinegar 2 tbsp | 4 tbsp







Peanut Butter 1 ½ tbsp | 3 tbsp

Soy Sauce 1 tbsp | 2 tbsp

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 | Baking sheet, 2 medium bowls, measuring spoons, strainer, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels



Cook rice

- Before starting, preheat broiler to high.
- · Wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water and 1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- 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 the pot from heat. Set aside, still covered.



Broil tofu

2 Double | Tofu

- Pat **tofu** dry with paper towels, then cut into 1-inch cubes.
- Toss tofu with 1 ½ tbsp (3 tbsp) oil on an unlined baking sheet. Season with salt and pepper.
- Broil in the middle of the oven, stirring halfway through cooking, until golden-brown, 9-10 min.



Prep and make coleslaw

- Meanwhile, finely chop cilantro.
- Add half the vinegar, half the cilantro, 1 tbsp (2 tbsp) ginger sauce and 1/2 tbsp (1 tbsp) oil to a small bowl, then whisk to combine.
- Add **cabbage** to a medium bowl, then season with salt. Using your hands, massage until slightly tender, 1 min.
- Drizzle with dressing, then toss to combine. Set aside.



Cook snow peas

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, trim **snow peas**.
- When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then **snow peas**. Cook, stirring often, until tender-crisp, 4-5 min. Season with salt and pepper.
- · Remove from heat.
- Transfer **snow peas** to a plate.



Cook sauce

- When tofu is almost done broiling, reheat the same pan over medium-low.
- While the pan heats, add peanut butter, soy sauce, remaining vinegar, remaining ginger sauce and 1/3 cup (2/3 cup) hot water to another medium bowl, then whisk to combine.
- When the pan is hot, add prepared sauce.
- · Cook, stirring often, until sauce thickens slightly, 1-2 min. (TIP: For a lighter sauce, add 1-2 tbsp of water at a time, until desired consistency is reached.)
- Remove from heat. Add tofu and stir to coat.



Finish and serve

- Fluff rice with a fork, then stir in remaining cilantro.
- Divide rice between bowls. Top with cabbage slaw, snow peas and tofu.
- Sprinkle peanuts over top.

Measurements within steps

(2 tbsp) 1 tbsp

oil

2 | Broil 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. Work in batches, if necessary.

