



# Satay-Inspired Tofu Bowls

## with Snow Peas and Crunchy Red Cabbage Slaw

Veggie

25 Minutes

\*2 Double



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



Red Cabbage,  
shredded  
113 g | 226 g



Snow Peas  
56 g | 113 g



Cilantro  
7 g | 14 g



Peanuts,  
chopped  
28 g | 56 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

**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.

1



### Cook rice

- Before starting, preheat broiler to high.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ 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.

2



### 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.

3



### Prep and make coleslaw

- Meanwhile, finely chop **cilantro**.
- Add **half the vinegar**, **half the cilantro**, **1 tbsp** (2 tbsp) **ginger sauce** and **½ 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.

4



### 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 **½ 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.

5



### 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 **⅓ cup** (⅔ 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.

6



### 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.



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

### 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.