



Mango-Jerk Tofu Rice Bowls

with Sweet Potatoes and Zesty Garlic-Lime Sauce

Veggie

Spicy

30 Minutes

+ Add



Chicken Breast
Tenders
310 g | 620 g

Customized Protein

+ Add

Swap

or

x2 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](https://www.hellofresh.ca)



Tofu
1 | 2



Basmati Rice
¾ cup | 1 ½ cups



Sweet Potato
1 | 2



Sweet Bell
Pepper
1 | 2



Garlic, cloves
2 | 4



Lime
1 | 1



Green Onion
1 | 2



Mango Chutney
1 tbsp | 2 tbsp



Jerk Sauce
2 tbsp | 4 tbsp



Plant-Based
Mayonnaise
2 tbsp | 4 tbsp



Chili-Garlic 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



Roast sweet potatoes

- Before starting, preheat oven to 450 ° F. Wash and dry all produce.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- To a parchment-lined baking sheet, add **sweet potatoes** and ½ **tbbsp** (1 **tbbsp**) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 16-18 min, flipping halfway through, until tender and golden.

2



Cook rice

- Meanwhile, peel, then mince or grate **garlic**.
- To a medium pot, add **half the garlic**, **1 cup** (2 cups) **water** and ¼ **tsp** (¼ **tsp**) **salt**. Cover and bring to a boil over high.
- Using a strainer, rinse **rice** until water runs clear.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook for 12-15 min until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

3



Prep

- Meanwhile, zest, then juice **lime**.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**, keeping white and green parts separate.
- Pat **tofu** dry with paper towels, then cut into ½-inch cubes. Season with **salt** and **pepper**.

4



Make sauce and cook peppers

+ Add | **Chicken Breast Tenders**

- To a small bowl, add **half the mayo** (use all for 4 servings), **lime zest**, **remaining garlic** and **1 tsp** (2 **tsp**) **lime juice**.
- Season with **salt** and **pepper**, then stir to combine.
- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbbsp** (1 **tbbsp**) **oil** and **peppers**. Cook for 3-4 min, stirring often, until **peppers** are tender-crisp. Season with **salt** and **pepper**, then transfer to a plate.

5



Cook tofu

- Reheat the same pan over medium-high. When hot, add **1 tbbsp** (2 **tbbsp**) **oil** and **tofu**. Cook for 5-6 min, stirring often, until crispy and golden.
- Add **green onion whites**, **jerk sauce**, **chili-garlic sauce**, **peppers** and **1 tbbsp** (2 **tbbsp**) **mango chutney**. (**NOTE**: Save remaining chutney for another tasty creation!).
- Cook for 1-2 min, stirring often, until fragrant.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **roasted sweet potatoes**.
- Divide **rice** and **mango-jerk tofu** between bowls.
- Dollop with **zesty garlic-lime sauce** and sprinkle **remaining green onions** over top.

Measurements within steps **1 tbbsp** (2 **tbbsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Make sauce and cook peppers and chicken

+ Add | **Chicken Breast Tenders**

If you opted to add **chicken breast tenders**, pat dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **1 tbbsp** (2 **tbbsp**) **oil**, **chicken** and **peppers**. Cook for 3-4 min, stirring often, until **peppers** are tender-crisp and **chicken** is cooked through.** Season with **salt** and **pepper**, then transfer to a plate. Proceed with remaining instructions as written.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.