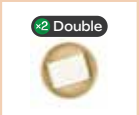




Bang Bang Tofu Bowl

with Edamame Rice and Avocado Salad

Veggie Spicy 30 Minutes



Custom Recipe + 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://hellofresh.ca)

Tofu
2 | 4



Tofu
1 | 2



Cornstarch
2 tbsp | 4 tbsp



Edamame
56 g | 113 g



Radish
3 | 6



Avocado
1 | 2



Jasmine Rice
3/4 cup | 1 1/2 cups



Spicy Mayo
2 tbsp | 4 tbsp



Green Onion
2 | 4



Sesame Seeds
1 tbsp | 2 tbsp



Rice Vinegar
2 tbsp | 4 tbsp



Sweet Chili Sauce
2 tbsp | 4 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, wash and dry all produce.

- Add **1 cup** (2 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** and **edamame** 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.)
- Stir in **half the vinegar** and **½ tsp** (1 tsp) **sugar**.
- Remove the pot from heat. Set aside, still covered.

2



Prep

- Meanwhile, cut **radishes** into ¼-inch pieces.
- Carefully cut **avocado** around the pit, separating the halves. Discard the pit. Scoop out **avocado** with a spoon, then cut into ½-inch pieces.
- Thinly slice **green onions**.

3



Prep and cook tofu

×2 Double | Tofu

- Pat **tofu** dry with paper towels, then cut into ½-inch pieces. Season with **salt** and **pepper**.
- Mix **cornstarch** and **sesame seeds** in a zip-top bag.
- Add **tofu** and toss to coat.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **tofu**.
- Pan-fry, turning occasionally, until golden-brown, 7-8 min. (**NOTE:** Cook tofu in 2 batches for 4 ppl, using 1 tbsp oil per batch!)
- Transfer **tofu** to a medium bowl.

4



Make avocado salad

- Meanwhile, add **radishes**, **avocado**, **half the green onions**, **remaining vinegar** and **¼ tsp** (½ tsp) **sugar** in another medium bowl.
- Season with **salt** and **pepper**.
- Stir together, then set aside in the fridge.

5



Finish tofu

- Add **sweet chili sauce** to the bowl with **tofu**, then toss to combine.

6



Finish and serve

- Divide **edamame rice** between bowls.
- Top with **bang bang tofu** and **avocado salad**.
- Sprinkle **remaining green onions** over top.
- Drizzle with **spicy mayo**.



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