



# Mango-Jerk Tofu Rice Bowls

## with Sweet Potatoes and Zesty Garlic-Lime Sauce

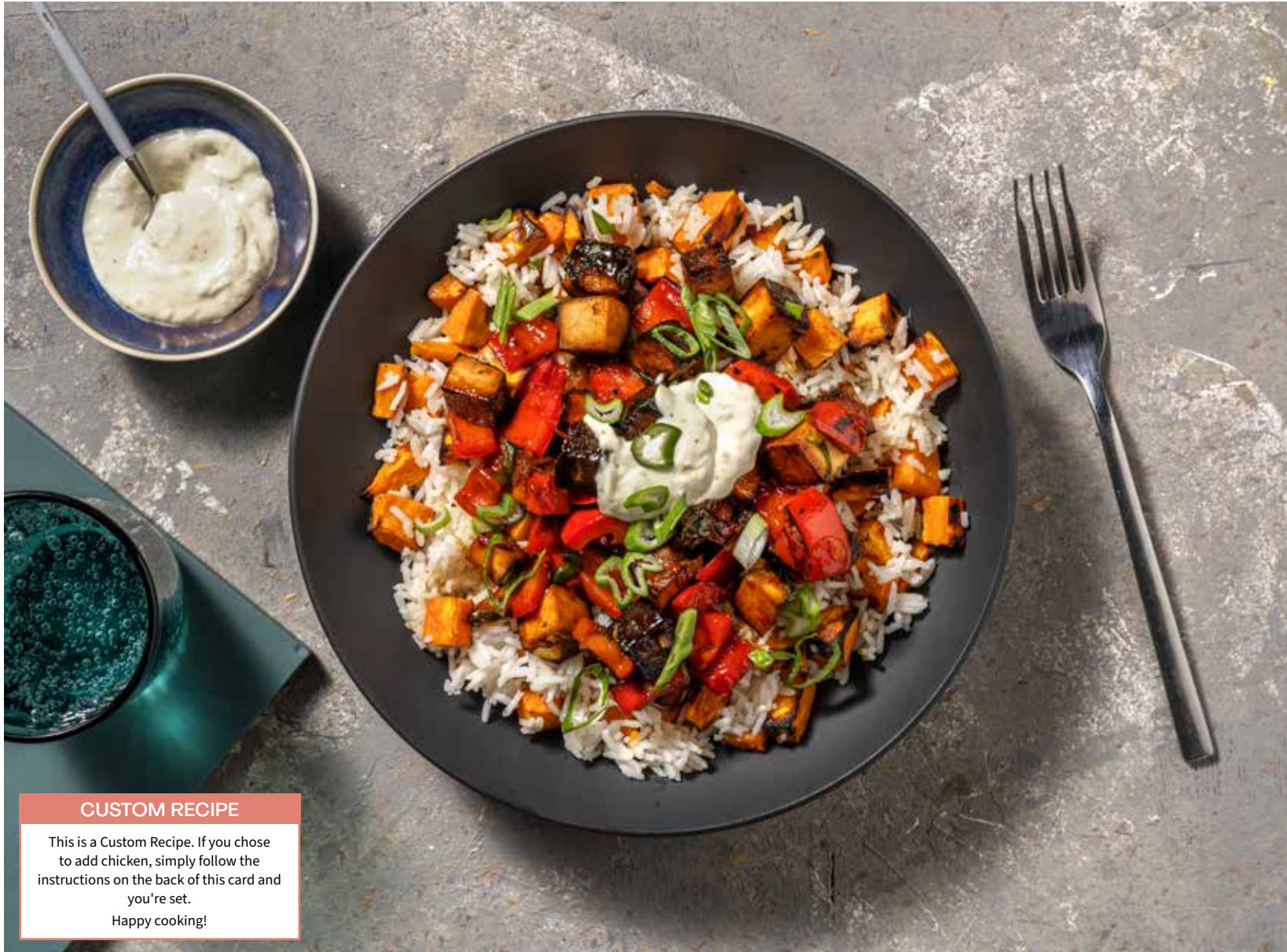
Veggie

Spicy

35 Minutes



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### CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

- Tofu
- Chicken Breasts
- Basmati Rice
- Sweet Potato
- Sweet Bell Pepper
- Garlic, cloves
- Lime
- Green Onion
- Mango Chutney
- Jerk Sauce
- Plant-Based Mayonnaise
- Chili-Garlic Sauce

### HELLO MANGO CHUTNEY

*This sweet and zingy condiment pairs well with Caribbean flavours!*

## Start here

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

### Garlic Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

## Bust out

Baking sheet, vegetable peeler, measuring spoons, zester, medium pot, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Tofu	1	2
Chicken Breasts*	2	4
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	1	2
Sweet Bell Pepper	1	2
Garlic, cloves	2	4
Lime	1	2
Green Onion	1	2
Mango Chutney	2 tbsp	4 tbsp
Jerk Sauce	2 tbsp	4 tbsp
Plant-Based Mayonnaise	2 tbsp	4 tbsp
Chili-Garlic Sauce*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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

## 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.



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1



### Roast sweet potatoes

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes** and ½ **tbsp** (1 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.

4



### Make sauce and cook peppers

- Add **mayo**, **lime zest**, **remaining garlic** and **1 tsp** (2 **tsp**) **lime juice** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, to taste, then stir to combine.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil** and **peppers**. Cook, stirring often, until **peppers** are tender-crisp, 3-4 min. Season with **salt** and **pepper**, then transfer to a plate.

2



### Cook rice

- Meanwhile, peel, then mince or grate **garlic**.
- Add **half the garlic**, **1 ¼ cups** (2 ½ cups) **water** and ⅛ **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.

5



### Cook tofu

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 **tbsp**) **oil** and **tofu**. Cook, stirring often, until crispy and golden-brown, 5-6 min.
- Add **green onion whites**, **jerk sauce**, **chili-garlic sauce**, **peppers** and **half the mango chutney** (use all for 4 ppl).
- Cook, stirring often, until fragrant, 1-2 min.

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**.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Transfer to a plate. Cover to keep warm. Reuse the same pan to cook **peppers** in step 4.

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.

Thinly slice **chicken**. Top final plates with **chicken**.

## Dinner Solved!