



Mango-Jerk Tofu Rice Bowls

with Sweet Potatoes and Zesty Garlic-Lime Sauce

Veggie

Spicy

30 Minutes

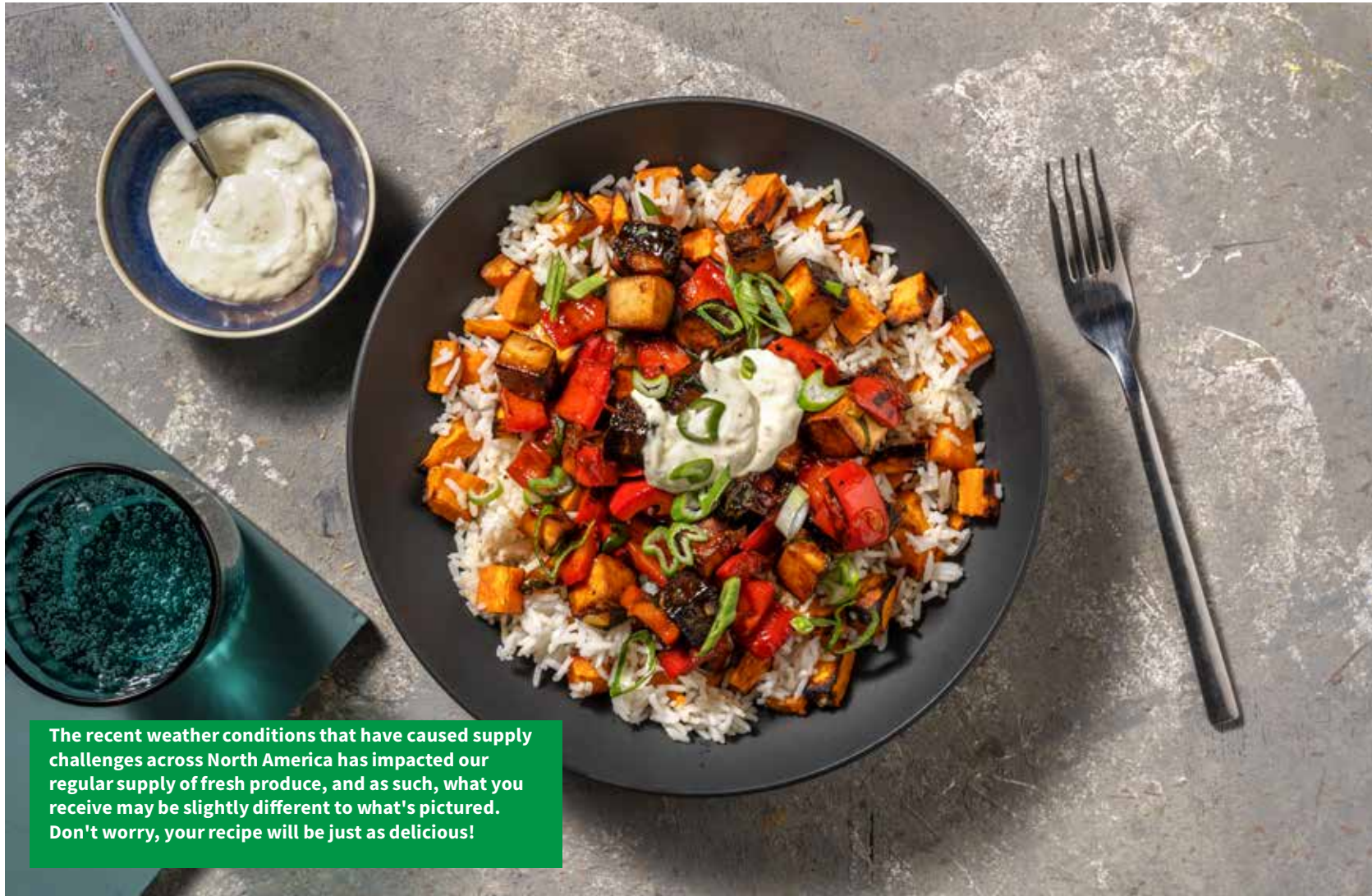
+ Add



Chicken Breast
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](https://www.hellofresh.ca)



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



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.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 tsp)
 - Extra: 1 tsp (2 tsp)

- 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.

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.

3



Prep

+ Add | Chicken Breast

- 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**.

3 | Cook chicken

+ Add | Chicken Breast

If you've opted to add **chicken breasts**, pat dry with paper towels. Season **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches, if needed.) Cook **chicken** until golden, 1-2 min per side. Transfer to an unlined baking sheet. Bake in the **bottom** of the oven until **chicken** is cooked through, 12-14 min.** Reuse the same pan to cook **peppers** in step 4.

4



Make sauce and cook peppers

- Add **half the mayo** (use all for 4 ppl), **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.

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 **1 tbsp** (2 **tbsp**) **mango chutney** (**NOTE:** Save remaining chutney for another tasty creation!).
- Cook, stirring often, until fragrant, 1-2 min.

6



Finish and serve

+ Add | Chicken Breast

- 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.

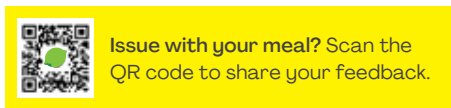
6 | Finish and serve

+ Add | Chicken Breast

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

* 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 74°C/165°F.



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