



# Mango-Jerk Tofu Rice Bowls

with Sweet Potatoes and Zesty Garlic-Lime Sauce

Spicy

Veggie

35 Minutes



Tofu



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 the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person 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
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	340 g	680 g
Sweet Bell Pepper	160 g	320 g
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

## 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.

## Contact

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### Roast sweet potatoes

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



### Make sauce and cook peppers

4. Add **mayo**, **lime zest**, **remaining garlic** (**NOTE**: Reference garlic guide.) and **1 tsp** (2 **tsp**) **lime juice** to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.
5. Heat a large non-stick pan over medium-high heat.
6. 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.



### Cook rice

1. Meanwhile, peel, then mince or grate **garlic**.
2. 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.
3. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
4. Remove the pot from heat. Set aside, still covered.



### Cook tofu

5. Reheat the same pan over medium-high. When hot, add **1 tbsp** (2 **tbsp**) **oil** and **tofu**. Cook, stirring often, until **tofu** is crispy and golden-brown, 5-6 min.
6. 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.



### Prep

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



### Finish and serve

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

## Dinner Solved!