



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)



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**.

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.

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.

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.

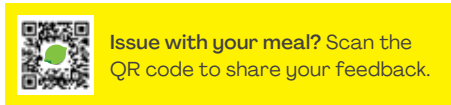
6 | Finish and serve

+ 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.