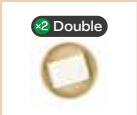




Satay-Inspired Tofu Bowls

with Snow Peas and Crunchy Red Cabbage Slaw

Veggie 25 Minutes



Tofu
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](http://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



Jasmine Rice
¾ cup | 1 ½ cups



Red Cabbage, shredded
113 g | 226 g



Snow Peas
56 g | 113 g



Cilantro
7 g | 14 g



Peanuts, chopped
28 g | 56 g



Ginger Sauce
4 tbsp | 8 tbsp



Rice Vinegar
2 tbsp | 4 tbsp



Peanut Butter
1 ½ tbsp | 3 tbsp



Soy 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



Cook rice

- Before starting, preheat broiler to high.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ 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** 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.)
- Remove the pot from heat. Set aside, still covered.

2



Broil tofu

×2 Double | Tofu

- Pat **tofu** dry with paper towels, then cut into 1-inch cubes.
- Toss **tofu** with **1 ½ tbsp** (3 tbsp) **oil** on an unlined baking sheet. Season with **salt** and **pepper**.
- Broil in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 9-10 min.

3



Prep and make coleslaw

- Meanwhile, finely chop **cilantro**.
- Add **half the vinegar**, **half the cilantro**, **1 tbsp** (2 tbsp) **ginger sauce** and **½ tbsp** (1 tbsp) **oil** to a small bowl, then whisk to combine.
- Add **cabbage** to a medium bowl, then season with **salt**. Using your hands, massage until slightly tender, 1 min.
- Drizzle with **dressing**, then toss to combine. Set aside.

4



Cook snow peas

Sub | Broccoli

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, trim **snow peas**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **snow peas**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **snow peas** to a plate.

5



Cook sauce

- When **tofu** is almost done broiling, reheat the same pan over medium-low.
- While the pan heats, add **peanut butter**, **soy sauce**, **remaining vinegar**, **remaining ginger sauce** and **½ cup** (¾ cup) **hot water** to another medium bowl, then whisk to combine.
- When the pan is hot, add **prepared sauce**.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min. (TIP: For a lighter sauce, add 1-2 tbsp of water at a time, until desired consistency is reached.)
- Remove from heat. Add **tofu** and stir to coat.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining cilantro**.
- Divide **rice** between bowls. Top with **cabbage slaw**, **snow peas** and **tofu**.
- Sprinkle **peanuts** over top.

2 | Broil tofu

×2 Double | Tofu

If you've opted for **double tofu**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of tofu**. Work in batches, if necessary.

4 | Cook broccoli

Sub | Broccoli

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.



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