



Spicy Korean-Inspired Tofu Stew

with Black Sesame Rice

Veggie

Spicy

Quick

25 Minutes



Tofu



Basmati Rice



Gochujang



Sesame Oil



Miso Broth Concentrate



Ginger-Garlic Puree



Soy Sauce



Baby Spinach



Mushrooms



Green Onion



Black Sesame Seeds



All-Purpose Flour

HELLO GOCHUJANG

This fermented Korean chili paste has distinctive savoury, sweet and spicy notes!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Tofu	1	2
Basmati Rice	¾ cup	1 ½ cups
Gochujang 🌶️	4 tbsp	8 tbsp
Sesame Oil	1 tbsp	2 tbsp
Miso Broth Concentrate	20 ml	40 ml
Ginger-Garlic Puree	2 tbsp	4 tbsp
Soy Sauce	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Mushrooms	113 g	227 g
Green Onion	2	4
Black Sesame Seeds	1 tbsp	2 tbsp
All-Purpose Flour	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
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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Cook rice

- Add **rice**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook stew

- Remove the pot from heat. Stir in **flour**, **gochujang** and **soy sauce** until combined.
- Return the pot to medium-high. Cook, stirring often, until fragrant, 30 sec.
- Add **2 ¼ cups water** (4 cups for 4 ppl), **½ tsp sugar** and **¼ tsp salt** (dbl both for 4 ppl). Bring to a gentle boil, scraping up **any bits** that stick to the bottom of the pot.
- Once boiling, reduce heat to medium. Cook, stirring occasionally, until **mushrooms** are tender, 5-7 min.



Prep

- Meanwhile, quarter **mushrooms**.
- Cut **green onion whites** into ½-inch pieces, then thinly slice **green onion greens**. Keep **white** and **green parts** separate.
- Pat **tofu** dry with paper towels, then cut into ½-inch pieces. Season with **salt** and **pepper**.



Finish stew

- Add **spinach** to **stew**. Stir until wilted, 1 min.
- Remove the pot from heat.
- Stir in **miso broth concentrate** and **half the sesame oil** until combined. (**TIP:** Adding sesame oil and miso off heat maintains their flavour impact!)
- Season with **salt** and **pepper**, to taste.



Start stew

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring occasionally, until softened slightly, 1-2 min. Season with **salt** and **pepper**.
- Add **tofu** and **green onion whites**. Cook, gently stirring occasionally, until **tofu** is golden, 2-3 min. (**TIP:** Add ½ tbsp oil [dbl for 4 ppl] if the pot is dry.)
- Add **ginger-garlic puree**. Cook, stirring constantly, until fragrant, 20 sec.



Finish and serve

- Add **sesame seeds**, **half the green onion greens** and **remaining sesame oil** to the pot with **rice**, then fluff **rice** with a fork.
- Divide **stew** between bowls. Sprinkle **remaining green onions** over top.
- Serve **rice** in a bowl alongside. (**TIP:** To enjoy, we recommend dipping a spoonful of rice into your stew!)

Dinner Solved!