

HELLO Tofu Banh Mi-Style Bowls with Dickled Carrots and Radishes

with Pickled Carrots and Radishes

20-min

Spicy

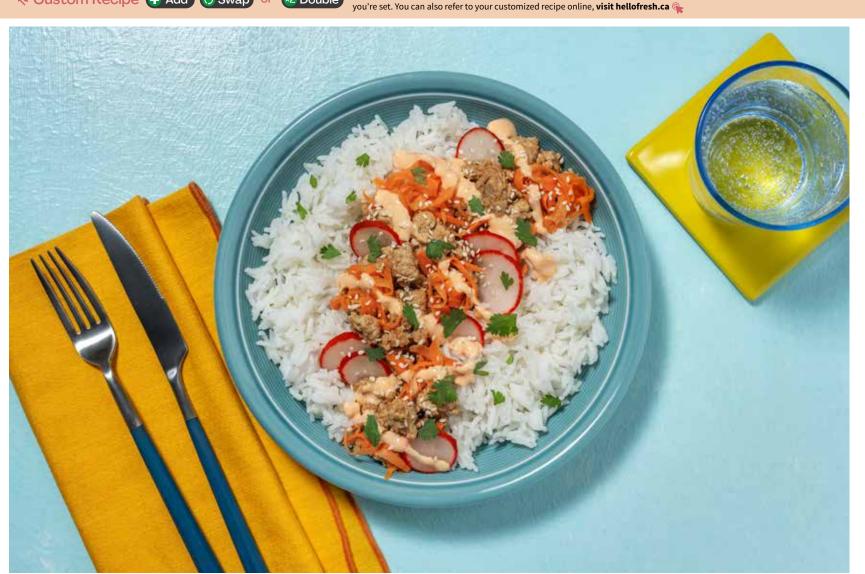
20 Minutes





2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and









34 cup | 1 ½ cup









1 tbsp | 2 tbsp







4 tbsp | 8 tbsp

4 tbsp | 8 tbsp





7 g | 14 g

Allengens 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.



Cooking utensils | Medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan



Prep

- · Before starting, 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, roughly chop cilantro.
- Cut **radishes** into ½-inch rounds.
- Peel, then grate **half the carrot** (whole carrot for 4ppl).



Cook rice

- Add rice to the boiling water. 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.



Quick-pickle veggies

- Meanwhile, whisk together vinegar,
 2 tbsp (4 tbsp) water, % tsp (¼ tsp) salt and
 ½ tbsp (1 tbsp) sugar in a medium bowl.
- Add radishes and carrots, then toss to coat.
- Place in the fridge to pickle.



Cook tofu

- Pat **tofu** dry with paper towels, then crumble into pea-sized pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then tofu.
- Cook stirring often until crispy, 6-7 min.**



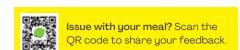
Finish tofu

- Add hoisin sauce, miso broth concentrate and half the sesame seeds to the pan.
- Cook, stirring often, until tofu is coated, 1-2 min.



Finish and serve

- Drain **pickled veggies** and discard **liquid**.
- Fluff **rice** with a fork, then season with **salt**, to taste.
- Divide rice between bowls. Top with tofu, pickled veggies and cilantro.
- Spoon **spicy mayo** over top, then sprinkle with **remaining sesame seeds**.



Measurements

within steps

1 tbsp

(2 tbsp)

oil