



Crispy Szechuan Tofu with Veggie Rice

Classic 35 Minutes • Little Spice • 1.5 of your 5 a day • Plant-Based

23



Long Grain Rice



Bell Pepper



Bok Choy



Garlic Clove



Green Chilli



Tofu



Chinese Five Spice



Cornflour



Ginger Purée



Honey



Szechuan Paste



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater (or Garlic Press), Kitchen Roll, Bowl and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|-------------------------------|-------------|-------------|-------------|
| Water for the Rice* | 300ml | 450ml | 600ml |
| Long Grain Rice | 150g | 225g | 300g |
| Bell Pepper*** | 1 | 2 | 2 |
| Bok Choy** | 1 | 2 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Green Chilli** | 1 | 1 | 1 |
| Tofu 11 ** | 1 block | 1½ blocks | 2 blocks |
| Chinese Five Spice | 1 small pot | ¾ large pot | 1 large pot |
| Cornflour | 20g | 37g | 50g |
| Ginger Purée | 1 sachet | 2 sachets | 2 sachets |
| Honey | 1 sachet | 2 sachets | 2 sachets |
| Szechuan Paste 11 | 50g | 75g | 100g |
| Soy Sauce 11 13 | 1 sachet | 1 ½ sachets | 2 sachets |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 440g | 100g |
| Energy (kJ/kcal) | 2320 / 555 | 527 / 126 |
| Fat (g) | 9 | 2 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 91 | 21 |
| Sugars (g) | 16 | 4 |
| Protein (g) | 26 | 6 |
| Salt (g) | 3.27 | 0.74 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Get Prepped

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **bok choy** then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.



Tofu Time

Chop the **tofu** into 2cm chunks and place on some kitchen roll, use another sheet of kitchen roll to gently press the top of the pieces to get rid of any excess **water**. Pop the **Chinese five spice** and **cornflour** (see ingredients for amount) into a medium bowl and season with **salt** and **pepper**. Mix well, then add the **tofu** and toss to coat in the **flour mix**.



Fry the Veg

Heat a drizzle of **oil** in a large frying pan on a medium-high heat. Once hot, add the **pepper** and cook stirring frequently until tender, 4-5 mins. Once tender, add the **bok choy** and stir-fry until wilted, 2-3 mins. Add the **garlic** and **ginger purée** and fry for a further 1 minute. Remove the **veggies** to a bowl, scraping out the **ginger** and **garlic** - cover with foil to keep the **veggies** warm.



Fry the Tofu

Pop your pan back on medium-high heat and add a glug of **oil**. Once hot, add the **tofu** and cook turning frequently until crispy all over, 5-6 mins. Once the **tofu** is crispy, lower the heat and add the **Szechuan paste**, **honey** and **water** (see ingredients for amount) bring to the boil, stirring to combine and simmer until sticky, 1 minute. Remove from the heat.



Serve

When the **rice** is ready fluff it up with a fork and stir in the **veggies** and **soy sauce**. Share the **rice** between your plates. Top with the **glazed tofu** and sprinkle over the **green chilli**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.