



Korean-Style Rice Bowl

with Caramelised Tofu and Sesame Seeds

Classic 35 Minutes • Very Hot • 2 of your 5 a day • Plant Based

22



Tofu



Carrot



Bell Pepper



Broccoli Florets



Garlic Clove



Lime



Jasmine Rice



Chipotle Paste



Rice Vinegar



Ginger Purée



Soy Sauce



Sesame Oil



Sesame Seeds

Before you start

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

Cooking tools, you will need:

Grater, Bowl, Garlic Press, Saucepan, Frying Pan, Wooden Spoon, Measuring Jug

Ingredients

	2P	3P	4P
Tofu 11) **	1 block	1½ blocks	2 blocks
Carrot**	1	1	2
Bell Pepper**	1	1½	2
Broccoli Florets**	200g	300g	400g
Garlic Clove**	1	1	2
Lime**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Rice Vinegar	1 sachet	1 sachet	2 sachets
Ginger Purée	½ sachet	1 sachet	1 sachet
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Sesame Oil 3)	½ sachet	½ sachet	1 sachet
Sesame Seeds 3)	½ pot	1 pot	1 pot

*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	527g	100g
Energy (kJ/kcal)	2446 / 584	464 / 111
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	77	15
Sugars (g)	12	2
Protein (g)	31	6
Salt (g)	2.97	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 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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Packed in the UK

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 You can recycle me!



1



Prep Time

Drain the **tofu**, dry it well by patting it with kitchen roll, then chop into 2cm cubes. Trim the **carrot** and coarsley grate (no need to peel). Pop into a bowl and set aside. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve any larger **broccoli florets**. Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lime**.

2



Cook the Rice

Pour the **water** (see ingredients for amount) into a saucepan and pop onto boil over high heat. When boiling add the **rice** along with ¼ tsp of **salt**, stir and cover the pan with a lid. Lower the heat to medium-low and simmer for 10 mins. After 10 mins, remove from the heat, the rice will finish cooking in its own steam.

3



Make the Spicy Sauce

In a bowl, mix the **chipotle paste** with the **rice vinegar**, **ginger purée**, **garlic** and **half** the **soy sauce**. Keep to one side. In another bowl, drizzle **half** the **sesame oil** onto the **grated carrot**. Add a squeeze of **lime juice**, a pinch of **lime zest**, mix well and set aside.

4



Steam the Broccoli

Heat a medium/large frying pan over high heat and add a splash of **oil**. When hot, add the **broccoli** and stir-fry for 2 mins. Add a good splash of **water** and cover with a tight fitting lid or foil. Lower the heat and cook until the **broccoli** is tender, stir occasionally 3-5 mins. Transfer to a plate, cover in foil and wipe out any excess **water** from the pan.

5



Brown the Tofu

Return the frying pan to a high heat and add a glug of **oil**. When the **oil** is hot, carefully add the **tofu** to the pan. Stir-fry until browned, taking care not to break the **tofu**, 4-5 mins. When browned, lower the heat slightly and add the **pepper** and cook stirring occasionally until softened, another 4-5 mins. Add the spicy sauce, stir to combine and heat until piping hot, 2 mins. Season to taste with **salt** and **pepper**.

6



Serve

Fluff up the **rice** with a fork. Share between your bowls and drizzle on a little of the remaining **soy sauce**. Cover **one third** of the **rice** with the **carrot salad**, another with the **broccoli** and the final third with the sticky, spicy **tofu**. Finish with a sprinkle of **sesame seeds**, a drizzle of the remaining **sesame oil**, remaining **lime zest** and a squeeze of **lime**.

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.