



Spiced Tofu Sesame Rice Bowl

with Garlic Tenderstem® and Pickled Carrot Ribbons

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Tofu



Garlic Clove



Carrot



Jasmine Rice



Rice Vinegar



Tenderstem®
Broccoli



Indonesian
Style Spice Mix



Bulgogi Sauce



Sambal



Soy Sauce



Roasted White
Sesame Seeds

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kitchen paper, bowl, garlic press, peeler, saucepan, lid, frying pan and aluminium foil.

Ingredients

	2P	3P	4P
Tofu** 11)	280g	420g	560g
Garlic Clove**	1	1	2
Carrot**	1	2	2
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickle*	½ tsp	½ tsp	1 tsp
Tenderstem® Broccoli**	150g	200g	300g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Bulgogi Sauce 11)	150g	225g	300g
Sambal	15g	22g	30g
Soy Sauce 11) 13)	15ml	15ml	30ml
Roasted White Sesame Seeds 3)	5g	5g	10g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	447g	100g
Energy (kJ/kcal)	2833 /677	634 /152
Fat (g)	16.6	3.7
Sat. Fat (g)	2.2	0.5
Carbohydrate (g)	101.9	22.8
Sugars (g)	32.6	7.3
Protein (g)	29.3	6.6
Salt (g)	2.86	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

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Get Prepped

Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper, then pop into a large bowl and set aside.

Peel and grate the **garlic** (or use a garlic press).

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



Bring on the Broccoli

Halve any thick **broccoli stems** lengthways. Heat a drizzle of **oil** in a medium frying pan on medium-high heat.

When the **oil** is hot, add the the **broccoli** and stir-fry for 2-3 mins, then add the **garlic**. Cook until fragrant, 30 secs, then add a splash of **water**.

Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Fry and Spice the Tofu

Pop the (now empty) frying pan back on high heat with a drizzle of **oil**.

Once hot, fry the **tofu cubes** until slightly crispy, 8-10 mins. Turn frequently to ensure they don't burn.

Once golden, sprinkle over the **Indonesian style spice mix**, stir-fry for 30 secs, then pour in the **bulgogi sauce**, **sambal** (add less if you don't like heat) and **half the soy sauce**. Stir to combine.

Bring to the boil, then reduce the heat and simmer until slightly thickened, 1 min (add a splash of **water** if it's a little thick). Remove from the heat.



Pickle the Carrot

Meanwhile, pop the **carrot ribbons** into a small bowl with the **rice vinegar** and **sugar for the pickle** (see ingredients for amount). Add a pinch of **salt**, mix together and set aside.



Finish and Serve

When everything is ready, fluff up the **rice** with a fork and stir through the remaining **soy sauce**. Share the **rice** between your bowls.

Top one third with the **broccoli**, another with the **tofu** and the **spicy sauce** from the pan, and the final third with the **pickled carrot**.

Sprinkle over the **sesame seeds** to finish.

Enjoy!