



Product Spotlight: Chia Seeds

These gluten-free seeds are a balanced blend of fibre, essential fatty acids, carbohydrates and protein.



Crispy Chia Tofu with Coconut Rice

Firm tofu slices, coated in a crispy chia and sesame seed crumb and pan-fried until golden, served on a bed of coconut rice, with a side of garlic Asian greens and finished with a lime dressing.



25 minutes



2 servings



Plant-Based

22 September 2023

Switch it up!

If you don't feel like crumbing the tofu, stir the seeds through the rice instead. Dice the tofu and cook it with the vegetables, or coat it with cornflour and pan-fry it!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	36g	69g

FROM YOUR BOX

BASMATI RICE	150g
COCONUT MILK	165ml
LIME	1
GARLIC CLOVES	2
FIRM TOFU	300g
CHIA/SESAME SEED MIX	1 packet
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
RED CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried chilli flakes (optional), soy sauce (or tamari), sugar (of choice)

KEY UTENSILS

large frypan, saucepan with lid, small saucepan

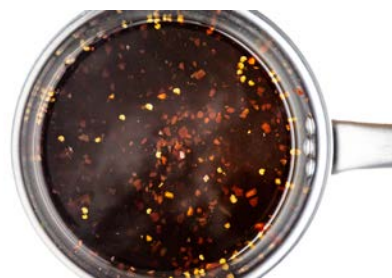
NOTES

You can use sesame oil or coconut oil to cook the tofu and vegetables if you have some.



1. COOK THE COCONUT RICE

Place rice and coconut milk in a saucepan. Add **1 cup water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to lowest heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE DRESSING

Combine zest and juice from 1/2 lime with 1 crushed garlic clove, **1/2 tsp chilli flakes** (optional), **2 tbsp soy sauce**, **1 tbsp sugar** and **1/4 cup water** in a small saucepan. Bring to a simmer and cook for 2 minutes. Remove from heat.



3. PREPARE THE TOFU

Slice tofu into evenly sized squares. Coat with **oil, salt and pepper**. Press into chia and sesame seed mix until well coated. Set aside.



4. STIR-FRY THE VEGETABLES

Trim and slice Asian greens and spring onions. Slice capsicum. Heat a large frypan over high heat with **oil** (see notes). Add greens and 1 crushed garlic clove. Cook for 6–8 minutes until tender. Set aside and keep pan on heat.



5. COOK THE TOFU

Add more **oil** to pan. Add tofu to pan and cook for 3–4 minutes each side until golden.



6. FINISH AND SERVE

Divide rice, tofu and vegetables among bowls. Spoon over dressing to taste. Wedge remaining lime to serve.



Scan the QR code to
submit a Google review!

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

