



Product Spotlight: Tofu


Tofu is a great source of protein for vegetarians. It also contains all eight amino acids that our bodies cannot produce and must be supplied through the food we eat!



J4 Chinese Tofu with Broccoli and Mushrooms

Five spiced tofu, stir fried with broccoli, mushrooms and spring onions. Accompanied by fragrant black rice.

 25 minutes

 4 servings

 Plant-Based

28 January 2022

Bulk it up!

This is a great dish to bulk up and feed extras with. Add vegetables from the fridge, such as cauliflower, corn or carrots. Double the sauce and cook some extra rice.

Per serve: **PROTEIN** 40g **TOTAL FAT** 16g **CARBOHYDRATES** 72g

FROM YOUR BOX

BLACK RICE	300g
FIRM TOFU	2 packets
GINGER	1 piece
SPRING ONIONS	1 bunch
BROCCOLI	1
MUSHROOMS	300g
TINNED WATER CHESTNUTS	227g

FROM YOUR PANTRY

oil for cooking (we used sesame), salt, pepper, Chinese five spice, hoisin sauce, vinegar (rice or white wine)

KEY UTENSILS

large frypan or wok, saucepan

NOTES

If you don't have hoisin sauce in the cupboard you can substitute with soy/tamari sauce, some sweet chilli sauce and a little sweetener of choice.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



2. COOK THE TOFU

Use a tea towel or paper towel to blot dry tofu. Dice into 2cm cubes and toss with **2 tsp Chinese five spice**. Heat a frypan over medium–high heat with **oil**. Add tofu and cook for 5–8 minutes until golden. Remove from pan.



3. MAKE THE SAUCE

Grate ginger. Mix together in a small bowl with **1/3 cup hoisin sauce** (see notes), **1/2 cup water**, **1 tbsp vinegar** and **1 tbsp oil**.



4. COOK THE VEGETABLES

Re-heat frypan over medium–high heat with **oil**. Slice spring onions (keep green tops for garnish), cut broccoli into florets, quarter mushrooms and drain water chestnuts. Add to pan as you go. Cook for 3–4 minutes or until just tender.



5. ADD THE SAUCE

Return tofu and add sauce to pan. Cook for further 1–2 minutes until heated through, add a little **water** if sauce is too thick. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide rice between bowls and top with stir fry. Garnish with sliced spring onion tops.

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

