



### 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



4 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
	37g	38g	61g

## FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	400ml
LIME	1
GARLIC CLOVES	2
FIRM TOFU	2 x 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

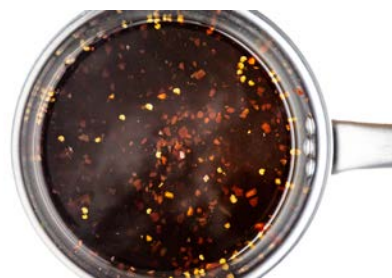
## NOTES

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 1/2 cups 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 tsp chilli flakes** (optional), **3 tbsp soy sauce**, **2 tbsp sugar** and **1/2 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. Cook in batches if needed.



### 6. FINISH AND SERVE

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



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