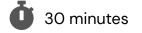




Pan-fried Tofu Fingers

with Lemongrass

A flavour-packed sauce of lemongrass, chilli, coriander and a couple of pantry staples make this crispy pan-fried tofu and salad sing.







fry it up!

Crumble the tofu (or process it in a food processor). Fry in a large frypan with diced capsicum and 1/2 the bean shoots. Add rice and sauce. Toss together and serve as fried tofu rice. Top with snow pea sprouts, remaining bean shoots and coriander leaves.

TOTAL FAT CARBOHYDRATES

25g 44g

FROM YOUR BOX

BROWN BASMATI RICE	300g
LEMONGRASS	1 stalk
RED CHILLI	1
CORIANDER	1 packet (10g)
PEANUTS	1 packet (60g)
RED CAPSICUM	1
SNOW PEA SPROUTS	1 punnet
BEAN SHOOTS	1 bag
BIO-DYNAMIC FIRM TOFU	1 packet

FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, apple cider vinegar, brown sugar, cornflour

KEY UTENSILS

large frypan, saucepan

NOTES

Use the back of a knife or a rolling pin to bruise the lemongrass before placing it into pan.

For a more authentic flavour we used sesame oil.



1. COOK THE RICE

Place rice and green end of lemongrass (see notes) in a saucepan and cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

De-seed (optional) and finely chop chilli, coriander stems and remaining part of lemongrass. Chop peanuts. Combine with 1 tbsp sugar, 1 tbsp soy sauce, 4 tbsp vinegar and 3 tbsp water. Set aside.



3. MAKE THE SALAD

Thinly slice capsicum and halve snow pea sprouts. Toss together in a bowl with the bean shoots.



4. COOK THE TOFU

Heat a frypan over medium-high heat with oil. Season 1/4 cup cornflour with pepper. Cut tofu into fingers and toss with 1/4 cup soy sauce. Roll in flour and place in pan. Cook in batches for 1-2 minutes on each side until crisp. Drain on paper towel.



5. FINISH AND SERVE

Divide rice among bowls, top with tofu and salad. Spoon over dressing to taste and sprinkle over coriander leaves.





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