



### Product Spotlight: Spring onions

Spring onions are very young onions, picked before the bulb has had a chance to swell. The long, slender green tops and the small white bulb are edible and are tasty raw or cooked.



## Japanese Tofu Hotpot with Brown Rice

A wholesome hotpot with firm tofu and mushrooms in a ramen-style broth served with brown rice and finished with spring onions. Perfect for those cooler evenings!



25 minutes



4 servings



Plant-Based

2 June 2023

## Spice it up!

*Add some miso paste, dried mushrooms or stock to flavour the broth if you have some!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	16g	42g



## FROM YOUR BOX

BROWN RICE	300g
GINGER	1 piece
CARROTS	2
RAMEN MARINADE	100g
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
ENOKI MUSHROOMS	1 packet
FIRM TOFU	2 x 300g

## FROM YOUR PANTRY

sesame oil, rice wine vinegar, soy sauce (or tamari), dried chilli flakes (optional)

## KEY UTENSILS

large frypan with lid (see notes), saucepan

## NOTES

You can use a heavy base pan with lid for this dish or a large saucepan if preferred.

Due to a supply shortage, we have replaced the baby wombok cabbage in this dish with Asian greens.



### 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.



### 2. SIMMER THE BROTH

Heat a large frypan over medium-high heat with **2 tbsp sesame oil**. Peel and grate ginger, slice carrots and add all to pan. Stir in **1 tbsp soy sauce**, **2 tbsp vinegar**, ramen marinade and **1.2L water**. Cover and simmer for 10 minutes.



### 3. PREPARE THE VEGETABLES

Meanwhile, trim, rinse and chop Asian greens. Slice spring onions into 3cm lengths (reserve some tops for garnish), and trim mushrooms. Slice tofu into squares. Keep separate.



### 4. ADD THE VEGETABLES

Reduce pan heat to medium. Add Asian greens, spring onions, mushrooms and tofu in separate piles around the pan. Simmer gently for 5 minutes until heated through, tucking vegetables into broth as they soften.



### 5. FINISH AND SERVE

Garnish hotpot with sliced spring onion tops and dried chilli flakes (optional). Serve with rice and season with **soy sauce** to taste.



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