




### Product Spotlight: Black Rice


Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



## 1 Katsu Tofu with Black Rice

Crispy cornflake crumbed tofu on a bed of black rice with a cucumber salad and curry sauce.

 35 minutes

 4 servings

 Plant-Based

20 July 2020

## Spice it up!

*Add a crushed garlic clove or 1 tsp grated fresh ginger to the curry sauce for extra depth of flavour. You can also use sesame oil and rice wine vinegar in your salad for a more authentic flavour.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 37g **CARBOHYDRATES** 87g



## FROM YOUR BOX

BLACK RICE	300g
BROWN ONION	1/2 *
CARROTS	2
CONTINENTAL CUCUMBER	1
SNOW PEAS	1/2 bag (125g) *
CORNFLAKES	1 packet (100g)
FIRM TOFU	2 packets
TAHINI	2-3 tbsp *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder, flour (of choice), stock cube (1), white wine vinegar

## KEY UTENSILS

frypan, saucepan, small saucepan

## NOTES

If you have rice wine vinegar and sesame oil you can use that to dress the salad for a more authentic flavour.

For a finer crumb, use a small processor to crush the cornflakes, otherwise you can crush them by hand in the packet.



### 1. COOK THE RICE

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



### 2. MAKE THE SAUCE

Dice onion and grate 1 carrot. Sauté in a saucepan with **oil** over medium heat for 5 minutes. Add **2 tsp curry powder**, **1 tbsp flour** and **1 stock cube**. Stir in **2 cups water** and simmer for 10 minutes. Add **1 tsp vinegar** and season to taste with **salt and pepper**.



### 3. PREPARE THE SALAD

Ribbon 1 carrot and cucumber using a vegetable peeler. Trim and slice snow peas. Toss together with **1 tbsp vinegar** and **1 tbsp oil** (see notes). Set aside.



### 4. PREPARE THE TOFU

Crush the cornflakes to resemble a crumb (see notes). Slice tofu into 1cm thick pieces. Season with **salt and pepper** and coat with tahini. Press into crushed cornflakes to coat.



### 5. COOK THE TOFU

Heat a frypan over medium-high heat with **2 tbsp oil**. Cook tofu for 3-4 minutes each side until golden and heated through.



### 6. FINISH AND PLATE

Divide rice, tofu and salad among plates. Spoon over sauce to taste.

**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**

