



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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

 2 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** 45g **CARBOHYDRATES** 88g

FROM YOUR BOX

| | |
|-------------------|----------------|
| BLACK RICE | 150g |
| BROWN ONION | 1/2 * |
| CARROT | 1 |
| LEBANESE CUCUMBER | 1 |
| RADISHES | 1/2 bunch * |
| CORNFLAKES | 1 packet (50g) |
| FIRM TOFU | 1 packet |
| TAHINI | 1-2 tbsp * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder, flour (of choice), stock cube (1/2), 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. Sauté in a saucepan with oil over medium heat for 5 minutes. Add **1 tsp curry powder**, **1/2 tbsp flour** and **1/2 stock cube**. Stir in **1 cup water** and simmer for 10 minutes. Add **1/2 tsp vinegar** and season to taste with **salt and pepper**.



3. PREPARE THE SALAD

Ribbon carrot and cucumber using a vegetable peeler. Slice radishes. 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 **1 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

