



### Product Spotlight: The Ugly Mug Hoisin

Hoisin sauce is like the tomato sauce of Chinese cuisine! A great all-rounder that can be used as a recipe base or a condiment. The flavour starts sweet and finishes with savoury notes. Made locally by The Ugly Mug, it's loved by the Dinner



## Crispy Korean Tofu Bowl

Crispy tofu tossed in a homemade spicy sauce and served with garlic mushrooms over sticky rice with fresh and pickled vegetables and mixed sesame seed topping.



30 minutes



2 servings



Plant-Based

### Spice it down!

*To reduce spice levels in the sauce you can remove the seeds from the chilli. Alternatively, omit the chilli from the sauce. Slice and serve to taste.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 26g **CARBOHYDRATES** 57g

## FROM YOUR BOX

SUSHI RICE	150g
LEBANESE CUCUMBER	1
CARROT	1
AVOCADO	1
ENOKI MUSHROOMS	1 packet
GARLIC CLOVE	1
RED CHILLI	1
HOISIN SAUCE	50ml
FIRM TOFU	1 packet
SESAME SEED + FRIED SHALLOT MIX	1 packet

## FROM YOUR PANTRY

sesame oil, salt, pepper, rice wine vinegar, sugar of choice, cornflour

## KEY UTENSILS

large frypan, saucepan, stick mixer (or small food processor)

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste. Alternatively, to speed up this dish, skip pickling the veggies, cut to desired size and serve fresh.



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### 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



### 2. PREPARE THE TOPPINGS

In a bowl (see notes), whisk together **1/4 cup vinegar**, **3 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Crescent **cucumber** and ribbon **carrot**. Add to bowl and toss to combine.

Dice **avocado** and set aside.



### 3. COOK THE MUSHROOMS

Heat a large frypan over medium-high heat with **sesame oil**. Trim and tear apart **enoki mushrooms**. Crush **garlic**. Add to pan as you go. Cook for 6-8 minutes until golden. Season with **salt and pepper**. Remove and reserve pan.



### 4. MAKE THE SAUCE

Trim and roughly chop **chilli** (see front page). Add to a jug with **hoisin sauce**, **2 tbsp sesame oil**, **2 tbsp water** and **3 tbsp vinegar**. Blend to a smooth consistency using a stick mixer.



### 5. COOK THE TOFU

Add **3 tbsp cornflour**, **salt and pepper** to a bowl. Dice **tofu** and toss in flour to coat. Add extra **sesame oil** to reserved pan along with tofu. Cook until golden on each side. Add sauce and toss to coat.



### 6. FINISH AND SERVE

Drain pickled vegetables.

Divide rice among shallow bowls. Add toppings, mushrooms and tofu. Spoon any extra sauce over tofu and sprinkle over **sesame seeds and fried shallots**.

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