



### Product Spotlight: Silken Tofu

Silken tofu is named for its silky, smooth texture. In traditional Japanese cuisine, tofu is formed by being pressed into wooden boxes.



## Hasselback Sizzling Tofu with Stir Fry Veggies

Silken tofu sliced hasselback and baked, served over sushi rice with stir-fried vegetables, roasted peanuts, fresh red chilli and a sizzling shallot, ginger and garlic oil.



30 minutes



2 servings



Plant-Based

## Switch it up!

*Not feeling confident to make the tofu hasselback? No worries! Simply bake whole, or scramble in a frypan with sesame oil.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 22g     | 21g       | 45g           |

## FROM YOUR BOX

|                 |          |
|-----------------|----------|
| SUSHI RICE      | 150g     |
| SILKEN TOFU     | 1 packet |
| TERIYAKI SAUCE  | 1 sachet |
| CARROT          | 1        |
| KAI LAN         | 1 bunch  |
| SHALLOT         | 1        |
| GINGER          | 1 piece  |
| GARLIC CLOVES   | 2        |
| RED CHILLI      | 1        |
| ROASTED PEANUTS | 1 packet |

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), pepper

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

The kai lan bunches can be very large. If you receive a large bunch, use the kai lan to taste. Any leftover can be added to a stir fry, fried rice or chop it and freeze to use another day.

Use a spoon to peel ginger. Instead of crushing garlic, grate it using the same grater as the ginger.

For the best affect, make the sizzling sauce at the very last minute before serving.



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### 1. COOK THE RICE

Set oven to 220°C.

Rinse **sushi rice**. Place in a saucepan with **300ml 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.



### 4. MAKE THE SIZZLING SAUCE

Thinly slice **shallot**. Peel and grate **ginger** (see notes) and crush **garlic**. Add to a bowl as you go. Reheat frypan over high heat with **2 tbsp oil**. Heat until **oil** begins to shimmer. Remove from heat and pour over shallot, ginger and garlic immediately.



### 2. BAKE THE TOFU

Drain **tofu** and pat dry. Place on a lined oven tray. Cut as many slits in the tofu as you can, only cutting three quarters of the way through. Drizzle over **teriyaki sauce** and **2 tsp sesame oil**. Season with **pepper**. Bake for 15-20 minutes or until warmed through.



### 5. FINISH AND SERVE

Slice **chilli** and roughly chop **peanuts**.

Divide rice among shallow bowls along with stir fry. Add tofu and pour sizzling sauce over. Garnish with chilli and peanuts.



### 3. STIR-FRY THE VEGGIES

Heat a large frypan over medium-high heat with **sesame oil**. Thinly slice **carrot**. Add to pan and cook for 3 minutes. Trim and halve **kai lan** (see notes). Add to pan along with **3 tsp soy sauce** and cook for 2 minutes. Remove from pan and season with **pepper**.

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