



### 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.



35 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** 35g **TOTAL FAT** 30g **CARBOHYDRATES** 69g

## FROM YOUR BOX

SUSHI RICE	150g
SILKEN TOFU	1 packet
TERIYAKI SAUCE	1 sachet
CARROT	1
ASIAN GREENS	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

Use Asian greens to taste if you prefer. 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.



### 1. COOK THE RICE

Set oven to 220°C.

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 INGREDIENTS

Drain **tofu** and pat dry. Cut as many slits in the **tofu** as you can, only cutting three quarter of the way through.

Thinly slice **carrot**, trim and halve **Asian greens** (see notes). Thinly slice **shallot**, peel and grate **ginger**, and crush **garlic**. Place in a bowl.



### 3. BAKE THE TOFU

Place **tofu** in a small lined oven dish. Drizzle over **teriyaki sauce** and **2 tsp sesame oil**. Season with **pepper**. Bake for 15-20 minutes or until warmed through.



### 4. STIR-FRY THE VEGGIES

Heat a large frypan over medium-high heat with **sesame oil**. Add **carrot** and cook for 3 minutes. Add **Asian greens** along with **1 tbspc soy sauce** and cook for 2 minutes. Remove from pan and season with **pepper**.



### 5. MAKE THE SIZZLING SAUCE

Reheat frypan over high heat with **2 tbspc oil**. Heat until **oil** begins to shimmer. Remove from heat and pour into bowl over over **shallot mix** immediately.



### 6. 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**.



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