



### 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
CARROT	1
KAI LAN	1 bunch
SHALLOT	1
GINGER	1 piece
GARLIC	2 cloves
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 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 **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.



### 2. BAKE THE TOFU

Drain tofu and pat dry. Place on oven tray. Cut as many slits in the tofu as you can, only cutting three quarter of the way through. Drizzle over **1 tbsp sesame oil** and season with **pepper**. Bake for 15-20 minutes or until warmed through.



### 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. Slice capsicum and trim and halve kai lan. Add to pan along with **2 tbsp soy sauce** and cook for 2 minutes. Remove from pan and season with **pepper**.



### 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. Pour over prepared ingredients.



### 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.



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