



Product Spotlight: Basmati Rice

Basmati is a slender, long-grained aromatic rice ('basmati' means fragrant). It comes from South Asia, where it has been grown for centuries.



Spinach and Artichoke Rice with Sticky Tofu

Golden miso-marinated tofu, paired with creamy lemon, spinach, and artichoke rice, topped with a bright chilli and maple syrup dressing and fresh dill.



30 minutes



2 servings



Plant-Based

Bake it!

Instead of pan-frying, you can air-fry or bake the tofu at 200°C for 10-15 minutes, flipping halfway, until it is golden and crispy.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	11g	73g

FROM YOUR BOX

FIRM TOFU	1 packet
LEMON	1
WHITE MISO PASTE	50ml
SPRING ONION	1 bunch
GARLIC CLOVES	2
TINNED ARTICHOKEs	400g
RED CHILLI	1
BASMATI RICE	150g
BABY SPINACH	60g
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, cornflour, maple syrup

KEY UTENSILS

2 frypans

NOTES

Remove seeds from chilli for a milder heat.

Looking for extra veg? Add mushrooms or zucchini and sauté before adding the rice.



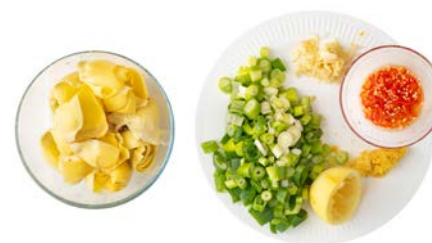
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1. MARINATE THE TOFU

Cut **tofu** into slabs and pat dry. Zest **lemon** and set aside.

Mix **juice from 1/2 lemon** (reserve juiced lemon), **miso**, **2 tsp olive oil**, **1 tsp thyme**, **salt** and **pepper**. Coat **tofu** in **marinade**.



2. PREPARE THE INGREDIENTS

Slice **spring onions**, crush **garlic**, drain and roughly tear **artichokes**. Set aside with **lemon zest** and **juiced lemon**.

Thinly slice **chilli** (see notes). Add to a bowl along with **1 tbsp maple syrup**, **1 tbsp olive oil** and **1/2 tbsp water**.



3. SAUTÉ THE INGREDIENTS

Heat a large frypan over medium-high heat with **oil**. Add **onion**, **garlic** and **lemon zest**. Sauté for 2 minutes (see notes). Add **rice** and **juiced lemon half**, cook for 1 minute.



4. SIMMER THE RICE

Add **artichokes**, **baby spinach** and **300ml water** to pan. Cover with a lid and bring to a simmer. Reduce to medium-low heat and cook for 10-15 minutes, stirring occasionally, until **rice** has absorbed the liquid.



5. COOK THE TOFU

Sprinkle **1 1/2 tbsp cornflour** over tofu to coat. Heat a frypan over medium-high heat with **oil**. Add **tofu** and cook for 2-3 minutes each side until golden and crispy.



6. FINISH AND SERVE

Wedge remaining **1/2 lemon**.

Divide **rice** among shallow bowls. Add **tofu**, drizzle over **chilli dressing** and garnish with **dill fronds**.

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