



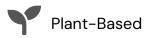


Crispy Korean Tofu Bowl

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.







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.

TOTAL FAT CARBOHYDRATES

18g

24g

58g

FROM YOUR BOX

SUSHI RICE	300g
LEBANESE CUCUMBERS	2
CARROT	1
AVOCADO	1
ENOKI MUSHROOMS	1 packet
GARLIC CLOVES	2
BUTTON MUSHROOMS	300g
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 **650ml 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 1/2 cup vinegar, 1/4 cup water, 2 tsp salt and 2 tsp sugar. Crescent cucumbers 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, slice button mushrooms. Crush garlic. Add to pan and 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 cover notes). Add to a jug along 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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