



Product Spotlight: Basmati Rice

Basmati rice is a small but long-grained, aromatic rice ('basmati' means fragrant). It is of Southeast Asian origin and has been cultivated for over 8000 years.



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



4 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** 28g **TOTAL FAT** 15g **CARBOHYDRATES** 46g

FROM YOUR BOX

FIRM TOFU	2 packets
LEMON	1
WHITE MISO PASTE	50ml
SPRING ONION	1 bunch
GARLIC	3 cloves
RED CHILLI	1
BASMATI RICE	300g
BABY SPINACH	120g
TINNED ARTICHOKES	400g
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.

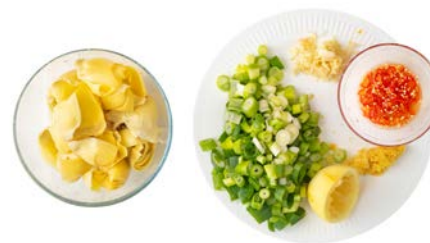


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1. MARINATE THE TOFU

Cut **tofu** into slabs. Pat dry. Zest **lemon** and set aside. Add juice from **1/2 lemon** (reserve used lemon) to a bowl along with **miso**, **1 tbsp olive oil**, **2 tsp thyme**, **salt and pepper**, mix to combine. Add **tofu** slabs and coat with marinade.



2. PREPARE THE INGREDIENTS

Slice **spring onions**, crush **garlic**, drain and roughly tear **artichokes**, and wedge remaining **lemon**.

Thinly slice **chilli** (see notes). Add to a bowl along with, **2 tbsp maple syrup**, **2 tbsp olive oil** and **1 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 until **onion** softens (see notes). Add **rice** and **used lemon half**, cook for 1 minute.



4. SIMMER THE RICE

Add **artichokes**, **spinach**, and **600ml 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 **3 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

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

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