



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
	24g	11g	64g

FROM YOUR BOX

	4 PERSON	6 PERSON
FIRM TOFU	2 packets	3 packets
LEMON	1	2
WHITE MISO PASTE	50ml	2 x 50ml
SPRING ONION	1 bunch	2 bunches
GARLIC CLOVES	3	4
TINNED ARTICHOKEs	400g	2 x 400g
RED CHILLI	1	1
BASMATI RICE	300g	300g + 150g
BABY SPINACH	120g	120g
DILL	1 packet	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**, **1 tbsp olive oil**, **2 tsp thyme**, **salt** and **pepper**. Coat **tofu** in **marinade**.

6P – mix juice from 1 lemon (reserve juiced lemon), miso, 2 tbsp olive oil, 3 tsp thyme, salt and pepper.



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 **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.

6P – add 900ml water to pan.



5. COOK THE TOFU

Sprinkle **1/4 cup 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.

6P – sprinkle 1/3 cup cornflour over tofu to coat.



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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