

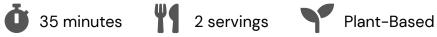
#### **Product Spotlight: Spring Onions**

Spring onions have both antibacterial and antiviral properties which can help in fighting viral infections like the common cold as well as assisting in reducing mucus.

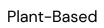
## **BBQ Tofu Yakitori** 4

# with Pickled Cucumber

Yakitori-style tofu served with brown rice, pickled cucumber and fresh Oriental slaw.







7 January 2022



If you don't want to make the yakitori on the BBQ, you can stir-fry the pieces of tofu with the spring onions and some of the prepared dressing.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 27g 16g 68g

#### FROM YOUR BOX

BROWN RICE	1 packet (150g)
LEBANESE CUCUMBER	1
GINGER	1 piece
TOFU	1 packet
SPRING ONIONS	4
ORIENTAL SLAW	1 bag (250g)



oil for cooking, salt, soy sauce (or tamari), maple syrup, white wine vinegar, skewers (optional)

#### **KEY UTENSILS**

saucepan, griddle pan or BBQ

#### NOTES

If you are using wooden skewers you can soak them in water if you wish as they can burn when cooked on the BBQ.



### **1. COOK THE RICE**

See notes. Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



### **2. PICKLE THE CUCUMBER**

In a non-metallic bowl whisk together **1 tbsp vinegar and 1/2 tsp salt.** Thinly slice cucumber and add to bowl. Stir occasionally.



#### **3. MAKE THE DRESSING**

Peel and grate ginger. Add to a large bowl along with 1/3 cup soy sauce and 2 tbsp maple syrup.



#### **4. PREPARE THE TOFU**

Cut tofu into smaller pieces. Cut spring onions into 4cm pieces (reserve green tops for garnish). Optional – thread tofu and spring onions onto skewers if desired.



### **5. COOK THE TOFU**

Heat a griddle pan or BBQ over mediumhigh heat with **oil.** Add tofu and spring onions and cook for 4-5 minutes. Drizzle with a little dressing, turn over and cook for a further 4-5 minutes or until cooked through.



#### **6. FINISH AND SERVE**

Divide rice among bowls. Top with drained cucumbers, oriental slaw, tofu and cooked spring onions. Drizzle over dressing. Garnish with thinly sliced spring onion green tops.

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