



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.



4 BBQ Tofu Yakitori with Pickled Cucumber

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

 35 minutes

 2 servings

 Plant-Based

7 January 2022

Switch it up!

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** 27g **TOTAL FAT** 16g **CARBOHYDRATES** 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)

FROM YOUR PANTRY

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 medium-high 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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

