



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Ginger


Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



## 2 Five Spice Tofu with Brown Basmati Rice

A flavourful stir fry with hints of cinnamon, star anise and clove from the Chinese five spice, served with brown basmati rice and finished with a crunchy roasted peanut topping.

 30 minutes

 4 servings

 Plant-Based

19 October 2020

### Spice it up!

*Garnish the dish with some fried shallots or toasted sesame seeds!  
Add some crushed garlic to the stir fry if you have some.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 20g **CARBOHYDRATES** 44g

## FROM YOUR BOX

BROWN BASMATI RICE	300g
SPRING ONIONS	1/2 bunch *
ASIAN GREENS	1 bunch
RED CAPSICUM	1
GINGER	1 piece
FIRM TOFU	2 packets
CONTINENTAL CUCUMBER	1/2 *
PEANUTS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, Chinese five spice, hoisin sauce, cornflour

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use sesame or coconut oil for extra fragrance when cooking.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE VEGGIES

Slice the spring onions (reserve tops for garnish). Slice asian greens and capsicum. Peel and grate ginger to yield 1 tbsp. Set aside.



### 3. PREPARE THE SAUCE

Whisk together **3 tbsp hoisin sauce**, **3 tsp cornflour** and **1 1/2 cups water**. Set aside.



### 4. COOK THE VEGGIES

Heat a frypan over medium–high heat with **oil** (see notes). Add veggies, **2 tsp Chinese five spice** and cook for 5 minutes. Crumble in tofu and pour in sauce. Bring to a simmer for 3–4 minutes until sauce thickens. Take off heat.



### 5. PREPARE THE GARNISH

Slice or dice cucumber. Roughly chop peanuts.



### 6. FINISH AND PLATE

Divide rice and stir fry among bowls. Serve with cucumber and peanuts on the side. Garnish with spring onion 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](mailto:hello@dinnertwist.com.au)

