



Indo Chinese Style Chilli Tofu with Stir-Fried Veg and Basmati Rice

Customer Favourites 30-35 Minutes • Medium Spice • 1 of your 5 a day

40



Basmati Rice



Bell Pepper



Onion



Garlic Clove



Spring Onion



Firm Tofu



Cornflour



Chinese Five Spice



Soy Sauce



Honey



Sriracha Sauce

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press, bowl, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	2	2
Onion**	1	1	2
Garlic Clove**	2	3	4
Spring Onion**	2	3	4
Firm Tofu** (11)	280g	420g	560g
Cornflour	10g	20g	20g
Chinese Five Spice	1 sachet	2 sachets	2 sachets
Soy Sauce (11) (13)	25ml	50ml	50ml
Honey	30g	45g	60g
Sriracha Sauce	15g	30g	30g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	4 tbsp	6 tbsp	8 tbsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	636g	100g
Energy (kJ/kcal)	2562 /612	403 /96
Fat (g)	10.7	1.7
Sat. Fat (g)	1.6	0.2
Carbohydrate (g)	101.9	16.0
Sugars (g)	29.7	4.7
Protein (g)	28.0	4.4
Salt (g)	3.82	0.60

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and $\frac{1}{4}$ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Stir-Fry the Veg

Wipe out your pan, then pop it back on medium-high heat with a drizzle of **oil**.

Once hot, add the **pepper** and **onion**. Stir-fry until tender and slightly charred, 5-7 mins. Season with **salt** and **pepper**.

Meanwhile, in a medium bowl, combine the **garlic**, **soy sauce**, **honey**, **sriracha**, **ketchup**, **water for the sauce** (see pantry for both amounts) and the remaining **Chinese Five Spice**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Do the Prep

Meanwhile, halve the **bell pepper** and discard the core and seeds. Halve and peel the **onion**. Chop both into 2cm chunks.

Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.

Drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks. In a medium bowl, combine the **cornflour**, **half** of the **Chinese Five Spice** and season with **salt** and **pepper**. Add the **tofu**, then toss to coat.



Sticky Sauce Time

Return the **fried tofu** to the pan and pour over the **sticky sauce**. Bring to the boil, then simmer until thickened, 2-3 mins.

Remove from the heat. Taste and add more **salt**, **pepper** or **sugar** if needed. Add a splash of **water** if it's a little thick.

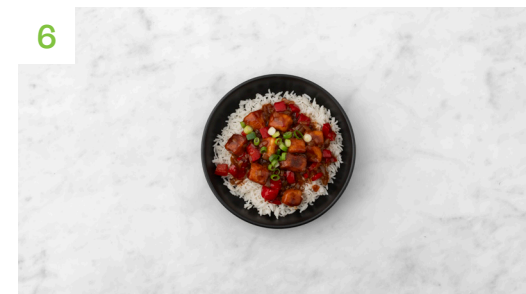


Fry the Tofu

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, fry the **tofu** until slightly **crispy**, 8-10 mins. Turn frequently to ensure it doesn't burn. Season with **salt** and **pepper**.

Once golden, transfer to a plate lined with kitchen paper.



Finish and Serve

Fluff up the **rice** with a fork, then share between your bowls.

Top with the **sticky veg and tofu**, spooning over the remaining **sauce** from the pan.

Finish with a sprinkle of **spring onion**.

Enjoy!