



Miso Teriyaki Glazed Tofu Nuggets

with Jasmine Rice, Pak Choi and Pickled Carrot

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day

22



Jasmine Rice



Carrot



Rice Vinegar



Firm Tofu



Cornflour



Pak Choi



Garlic Clove



Teriyaki Sauce



Miso Paste



Sambal Paste



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.
Happy cooking!

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, peeler, bowl, kitchen paper, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Firm Tofu** (11)	250g	375g	500g
Cornflour	20g	30g	40g
Pak Choi**	1	2	2
Garlic Clove**	1	2	2
Teriyaki Sauce (11)	100g	150g	200g
Miso Paste (11)	15g	22g	30g
Sambal Paste	15g	22g	30g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp
Salt*	¼ tsp	½ tsp	½ tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	581g	100g	586g	100g
Energy (kJ/kcal)	2641/631	454/109	2524/603	430/103
Fat (g)	13.3	2.3	5.0	0.9
Sat. Fat (g)	2.0	0.3	1.0	0.2
Carbohydrate (g)	98.9	17	96.8	16.5
Sugars (g)	23.8	4.1	23.3	4.0
Protein (g)	28.4	4.9	41.1	7.0
Salt (g)	4.52	0.78	4.68	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).


Allergens

11) Soya

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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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 **¼ 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).



Time to Fry

Heat a drizzle of **oil** in a large frying pan on high heat. Add the **pak choi** and stir-fry until just soft, 3-4 mins.

Stir in the **garlic** and cook for 30 secs more. Transfer to a bowl and cover to keep warm.

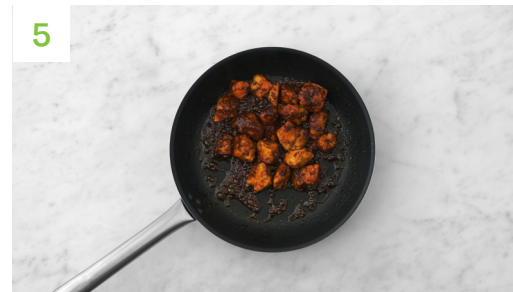


In a Pickle

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a medium bowl, add the **carrot ribbons**, **rice vinegar** and **sugar** (see pantry for amount). Season with **salt** and **pepper** and toss to combine. Set aside to pickle.

Meanwhile, drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks.



Tofu Time

Return the (now empty) pan to medium-high heat with a drizzle of **oil**.

Once hot, fry the **tofu chunks** until golden, 8-10 mins. Turn frequently to ensure they don't burn.

Stir in the **teriyaki sauce**, **miso paste**, **sambal paste** and **water for the sauce** (see pantry for amount). Stir to combine and toss to coat the **tofu**. Bring to the boil, then remove from the heat.



Finish the Prep

In a medium bowl, add the **tofu chunks**, **cornflour** and **salt** (see pantry for amount). Toss to coat, then set aside.

Trim the **pak choi**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press).

↔ Swap to Chicken Breast

If you've chosen **chicken** instead, coat in the same way. Fry for the same amount of time in step 5, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Serve Up

Fluff up the **rice** with a fork and stir through the **carrot pickling liquid**. Share between your bowls.

Top with the **tofu nuggets**, **pak choi** and **pickled carrot** in separate sections over the **rice**.

Enjoy!