



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Rice

Red rice is a powerhouse of essential nutrients, iron, vitamins, phosphorous and fibre. It has a nutty flavour and is slightly sweeter than other varieties.



Spice it up!

The Mexican spice blend is very mild. If you like some warmth in your Mexican add some chilli powder to the mix. You could also add some diced pickled jalapeños to the fresh tomato topping!

J4 Mexican Rice with Pan Fried Tofu

Using our Mexican spice mix from Turban Chopsticks to coat the tofu gives it a lovely, lightly-spiced flavour. Teamed with Mexican style fried rice and salsa, this is a great meat-free family dish.



30 minutes



4 servings



Plant-Based

15 April 2022

Per serve: **PROTEIN** 35g **TOTAL FAT** 16g **CARBOHYDRATES** 84g

FROM YOUR BOX

| | |
|-------------------|-----------|
| RED RICE | 300g |
| FIRM TOFU | 2 packets |
| MEXICAN SPICE MIX | 1 packet |
| SPRING ONIONS | 1 bunch |
| RED CAPSICUM | 1 |
| CORN COBS | 2 |
| TOMATOES | 2 |
| CORIANDER | 1 pkt |
| SALSA | 1 jar |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice, we used red wine vinegar)

KEY UTENSILS

large frypan, saucepan

NOTES

If you have a lime to spare, add a wedge when serving.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. PREPARE THE TOFU

Dice tofu and toss with 1 tbsp of spice mix, **salt** and **oil**. Heat a large frypan over medium–high heat with **oil**. Fry tofu for 6–8 minutes until golden. Remove to a plate and keep warm. Keep pan over heat.



3. COOK THE VEGETABLES

Slice spring onions, dice capsicum and remove corn kernels from cobs, adding to pan as you go, with extra **oil**. Tip in remaining spice mix and cook for 5–6 minutes.



4. PREPARE THE TOMATOES

Dice tomatoes and chop coriander. Toss together with **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



5. ADD THE RICE

Add cooked rice to frypan with **1/2 jar of salsa and 1/4 cup water**. Mix well to combine and heat through. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide rice between bowls and top with tofu and fresh tomato topping. Serve remaining salsa on the side (see notes).

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

