



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

 2 servings

 Plant-Based

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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** 38g **TOTAL FAT** 25g **CARBOHYDRATES** 49g

FROM YOUR BOX

| | |
|----------------------|----------------|
| BROWN BASMATI RICE | 150g |
| SPRING ONIONS | 2 |
| ZUCCHINI | 1/2 * |
| RED CAPSICUM | 1 |
| GINGER | 1 piece |
| FIRM TOFU | 1 packet |
| 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 zucchini and capsicum. Peel and grate ginger to yield 1/2 tbsp. Set aside.



3. PREPARE THE SAUCE

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



4. COOK THE VEGGIES

Heat a frypan over medium–high heat with **oil** (see notes). Add veggies, **1 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**

