



### Product Spotlight: Asian Greens

A good source of vitamin C, A and potassium. It also provides absorbable iron and calcium.



## 4 Pepper Tofu Stir Fry

Stir fried vegetables and tofu in a pepper sauce served over coconut rice.

 30 mins

 2 servings

 Plant-Based

9 July 2021

## Spice it down!

*If you are concerned about the level of spiciness in your pepper sauce, only add half the amount of pepper in the recipe. You can always add more pepper after it's cooked if you like.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 26g **CARBOHYDRATES** 45g

## FROM YOUR BOX

BROWN RICE	150g
COCONUT MILK	165ml
GINGER	1 piece
SEASONED TOFU	1 packet
CARROT	1
RED CAPSICUM	1
CELERY STICK	1
ASIAN GREENS	2 bulbs

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, hoisin sauce, cornflour

## KEY UTENSILS

large frypan, saucepan

## NOTES

This measurement is based on using freshly cracked black pepper. If you are using finely ground pepper reduce the quantity by half.

Use sesame oil for extra flavour if you have some on hand.



### 1. MAKE COCONUT RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse. Stir coconut milk through rice, season with **salt**. Reheat over medium heat for 3 minutes before serving.



### 2. MAKE THE SAUCE

Peel and grate ginger (to yield roughly 2 tsp), add to a bowl with **1 tsp cracked pepper** (see notes), **1 tsp cornflour**, **1 1/2 tbsp hoisin sauce, salt and 1 1/2 tbsp water**. Whisk to combine.



### 3. COOK THE TOFU

Cut the tofu into smaller pieces. Heat a large frypan over medium-high heat with **oil** (see notes). Add tofu and cook for 1–2 minutes on each side until warmed through. Remove and set aside.



### 4. COOK VEGETABLES

Reheat frypan over medium-high heat with **oil**. Slice carrot, capsicum and celery, add to pan as you go. Cook, stirring, for 4–5 minutes. Quarter Asian greens, stir through and cook, covered, for a further 2 minutes.



### 5. ADD THE SAUCE

Add the tofu back into the pan with the sauce. Cook, stirring, for 2–3 minutes until sauce becomes thick enough to coat the tofu and vegetables well.



### 6. FINISH AND PLATE

Evenly divide the coconut rice among shallow bowls. Top with stir-fried tofu and vegetables.

**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)

