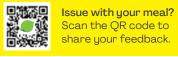


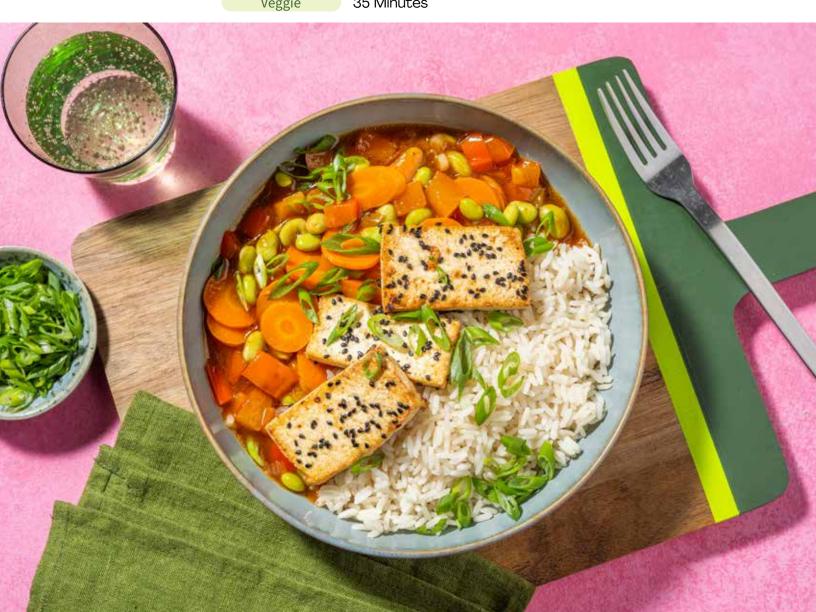
Golden Fried Tofu

with Curried Veggies and Basmati Rice

Veggie

35 Minutes















Carrot



Sweet Bell Pepper



Edamame





Plum Sauce



Green Onion

Vegetable Stock



Cream Sauce Spice



Indian Spice Mix



Black Sesame Seeds

Start here

- Wash and dry all produce.
- Pat tofu dry with paper towels.

Measurements, 1 tbsp., (2 tbsp), within steps

Bust out

Vegetable peeler, measuring spoons, shallow dish, medium pot, measuring cups, large pot, large non-stick pan, paper towels

Inaredients

3		
	2 Person	4 Person
Tofu	1	2
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Edamame	56 g	113 g
Green Onion	2	4
Plum Sauce	2 tbsp	4 tbsp
Vegetable Stock Powder	2 tbsp	4 tbsp
Cream Sauce Spice Blend	2 tbsp	4 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Black Sesame Seeds	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- Add 1 ¼ cups (2 ½ cups) water and half the stock powder to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add rice, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then cut carrot into 1/4-inch rounds.
- Thinly slice green onions keeping whites and greens separate.
- Heat a large pot on medium-high heat.
- When hot, add 1 tbsp (2 tbsp) oil, carrots, peppers and green onion whites. Cook, stirring occasionally, until tender-crisp, 3-4 min.



- Add Indian Spice Mix, half the Cream Sauce Spice Blend and remaining stock powder. Stir to coat.
- Add edamame, half the plum sauce (use all for 4 ppl), and **1** 1/3 cups (2 2/3 cups) water.
- Bring to a boil, then reduce heat to mediumlow. Cook, stirring occasionally, until sauce thickens slightly and veggies are soft, 5-6 min.
- · Cover and set aside.



Prep tofu

- Cut **tofu** in half horizontally, then cut into thirds (you should have 6 pieces total [12 pieces for 4 ppl]).
- · Add tofu, half the sesame seeds and 1/2 tbsp (1 tbsp) oil to a shallow dish. Season with salt and pepper, then toss to coat. (NOTE: For 4 ppl, use a large rectangular dish to coat tofu pieces with ease.)
- Sprinkle remaining Cream Sauce Spice Blend over tofu, then toss to coat. Using your hands, press Cream Sauce Spice Blend into **tofu pieces** to coat completely.



Heat a large non-stick pan over medium-

- high heat. • Meanwhile, line a plate with paper towels.
- When pan is hot, add 2 tbsp (4 tbsp) oil. Working with **one piece of tofu** at a time, shake off any excess Cream Sauce Spice Blend, then carefully add **tofu** to the pan. (NOTE: Don't overcrowd the pan. Fry tofu in batches, if needed.)
- Fry **tofu**, flipping halfway, until goldenbrown, 2-3 min per side. (TIP: If tofu is browning too quickly, reduce heat to medium.)
- Carefully transfer **tofu** to the paper towellined plate.



- Fluff rice with a fork.
- Divide rice, curry and tofu between plates.
- Sprinkle remaining green onions and sesame seeds over top.

Dinner Solved!

