



## Thai Tofu Buddha Bowl



20-30min



2 Portions

From smoothie bowls to dessert bowls and then to bowls filled with flavours from around the world, bowl food is just so hot right now! This recipe keeps flavours fresh and clean with serving up raw zucchini and carrot for a great texture. To make this recipe vegan, simply substitute the honey with sugar.

## What we send

- roasted peanuts <sup>5</sup>
- coriander and 1 garlic clove
- zucchini
- avocado
- carrot
- broccoli
- silken firm tofu <sup>6</sup>
- sesame seeds <sup>11</sup>
- basmati rice

## What you'll require

- Australian honey
- salt
- soy sauce <sup>6</sup>
- white wine vinegar <sup>17</sup>

## Utensils

- medium frypan
- medium saucepan
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Peanuts (5), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

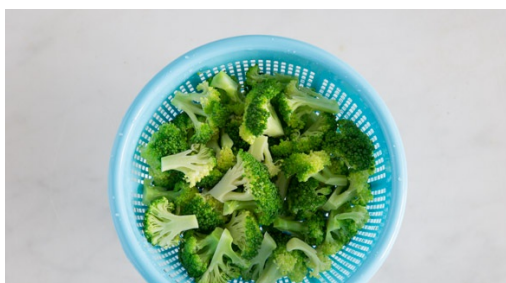
## Nutrition per serving

Energy 815.0kcal, Fat 31.3g, Proteins 36.4g, Carbs 88.4g



### 1. Cook rice

Heat a medium saucepan over high heat and toast the **rice**, stirring, for 2-3 mins until aromatic. Add 250ml (1 cup) water. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins. Turn off the heat and stand, covered for at least 5 mins or until tender and water has absorbed.



### 4. Cook broccoli

Cook the **broccoli** in the pan of boiling water for 2 mins or until al dente. Drain, refresh under cold water then drain well.



### 2. Make dressing

Meanwhile, heat a small frypan over medium heat and dry fry **sesame seeds** for 4-5 mins until evenly toasted. Crush or finely chop the **garlic**. Place the sesame seeds and garlic in a mortar and pestle (or spice grinder) and pound to a rough paste. Stir in 1 tbs **white wine vinegar**, 2 tbs **soy sauce** and 1 tbs **honey**.



### 5. Finish rice

Fluff rice with a fork.



### 3. Prepare ingredients

Bring a medium saucepan of salted water to the boil. Carefully drain the **tofu** and dry on paper towel. Cut into small cubes. Trim **broccoli** into small florets. Grate the **carrots**. Halve **avocado**, remove stone and scoop out halves using a spoon. Dice the flesh. Trim **zucchini** and cut into thin matchsticks (julienne). Pick the **coriander** leaves (discard stems).



### 6. Get ready to serve

Coarsely chop the **peanuts**. Arrange the **rice**, **vegetables** and **tofu** in 2 serving bowls, drizzle with the **dressing** and serve topped with the **coriander** and **peanuts**.