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Tamarind Pork and Tofu

Stir-fry with Sesame Rice



20min



2 Portions

Ready in the time it takes to cook a pot of rice, this super-easy stir-fry is full of goodness, both nutritionally and in terms of flavour. Lean pork, iron-rich tofu and virtuous greens are tossed together in a moreish sweet-sour chilli sauce and served on a bed of nutty sesame-enriched rice for a truly unforgettable taste of Asia.

What we send

- sesame oil ¹¹
- free-range pork stir-fry strips
- toasted sesame seeds ¹¹
- broccoli
- zucchini
- firm tofu ⁶
- Thai sweet chilli sauce
- tamarind puree
- jasmine rice

What you'll require

- sea salt flakes
- soy sauce ⁶
- sugar
- vegetable oil
- water
- white vinegar

Utensils

- paper towel
- sieve
- small saucepan

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

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 890.0kcal, Fat 33.2g, Proteins 63.8g, Carbs 80.0g



1. Cook rice

Rinse the **rice** well. Place in a small saucepan with the **water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prepare stir-fry sauce

While the rice is cooking, combine the **tamarind puree**, **sweet chilli sauce**, **sugar**, **soy sauce** and **vinegar** in a bowl.



3. Prepare ingredients

Drain the **firm tofu** on paper towel and cut into cubes. Trim and quarter the **zucchini** lengthwise, then thinly slice. Cut the **broccoli** into florets.



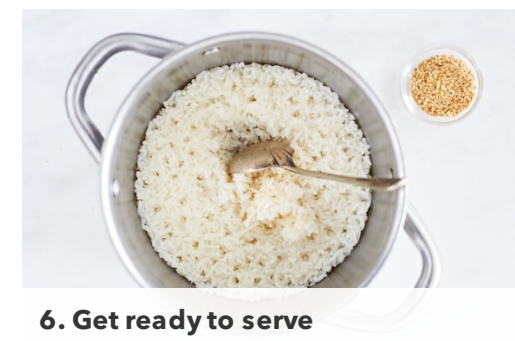
4. Seal pork and tofu

Heat 1 tbs **vegetable oil** in a wok or deep frypan over high heat. In batches, if necessary, stir-fry the **pork** for 1 min, then remove and set aside. Add 1 tbs **oil** to the pan. Stir-fry the **tofu** for 2-3 mins until golden. Using a slotted spoon, remove from the pan and set aside.



5. Finish stir-fry

Heat the remaining 1 tbs **oil** in the pan. Stir-fry the **broccoli** for 1 min, then add the **zucchini** and stir-fry for a further 1 min. Return the **pork** and **tofu** to the pan and add the stir-fry sauce, stirring well to combine. Cook for 1-2 mins until warmed through.



6. Get ready to serve

Meanwhile, stir most of the **sesame seeds** and the **sesame oil** through the **rice** and season with **salt**. Spoon **rice** into bowls, top with the pork and tofu stir-fry, and scatter with remaining sesame seeds to serve.