



Satay Tofu Stir-Fry

with Shiitake Mushrooms and Broccolini



20-30min



2 Portions

Authentic satay sauce requires numerous ingredients and time, but our speedy version with peanut butter comes very close. Paired with firm tofu, slippery shiitake mushrooms and crunchy broccolini set over a bed of steamed rice, this vegetarian meal is pure comfort.

What we send

- broccolini
- peanut butter ⁵
- rice wine vinegar
- dried shiitake mushrooms ¹⁷
- ginger, coriander
- brown onion
- salted peanuts ⁵
- silken firm tofu ⁶
- sesame oil ¹¹
- jasmine rice

What you'll require

- boiling water
- Australian honey
- soy sauce ⁶
- vegetable oil
- water

Utensils

- medium saucepan
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 955kcal, Fat 47.9g, Carbs 80.1g, Proteins 45.7g



1. Soak mushrooms

Put the **mushrooms** in a heatproof bowl, pour over **250ml (1 cup) boiling water**, then cover with a plate or cling film. Open the **tofu** according to the packet instructions, then drain and place between 2 sheets of paper towel to absorb excess liquid. Cut into 3cm cubes.



2. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) 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.



3. Prepare ingredients

Meanwhile, thinly slice the **onion**. Trim and cut the **broccolini** into thirds. Peel and finely grate the **ginger**. Pick the **coriander** leaves, discarding the stems. Coarsely chop the **peanuts**. Remove the **mushrooms** from the water, reserving the water, then discard the stems and thinly slice the caps.



4. Make satay sauce

Put the **ginger, rice wine vinegar, sesame oil, peanut butter, 2 tbs soy sauce, 2 tsp honey** and **2 tbs reserved mushroom water** in a bowl and whisk until smooth. Heat **1 tbs vegetable oil** in a wok over medium-high heat and stir-fry the **onion** and **mushroom** for 2 mins or until golden.



5. Stir-fry broccolini

Add the **broccolini** and **1½ tbs reserved mushroom water** and stir-fry until the water evaporates. Transfer to a plate. Heat **1 tbs vegetable oil** in the wok over high heat. Add the **tofu** and allow to stand in the hot wok for 1-2 mins, then gently turn and cook for a further 1-2 mins until golden.



6. Get ready to serve

Add the **satay sauce** and bring to a simmer, then remove from the heat. Return the **vegetable mixture** and gently stir to coat. Fluff up the **rice** with a fork, then divide among bowls. Top with the **stir-fry**, drizzle over the **satay sauce** and scatter with **coriander** and **peanuts** to serve.