

Thai Buddha Bowls

with Tofu and Peanut Dressing



20-30min



2 Portions

Packed with wholesome brown basmati rice, crunchy carrot, refreshing cucumber and silky tofu, these generous grain bowls are as nourishing as their evocative name suggests. A warm peanut-sesame dressing and crispy shallots scattered over the top bring it all together.

What we send

- brown basmati rice
- fried shallots ¹
- carrot, Lebanese cucumber
- coriander, mint, chilli
- peanut butter ⁵
- red cabbage
- silken firm tofu ⁶
- sesame oil ¹¹
- baby spinach leaves

What you'll require

- boiling water
- Australian honey
- salt
- soy sauce ⁶
- sugar
- vinegar

Utensils

- medium saucepan
- paper towel
- sieve
- small saucepan

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

Cooking tip

If less heat is preferred, add the chilli to taste or serve at the table for those who like it.

Allergens

Gluten (1), Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 885kcal, Fat 37.5g, Carbs 85.0g, Proteins 43.3g



1. Cook rice

Bring 1 L (4 cups) water to the boil in a medium saucepan. Add a pinch of salt and cook the rice in the pan of boiling water for 18 -20 mins while you prepare the vegetables. Thinly slice the **carrots**. Thinly slice the **cucumber** and **red cabbage**. Thinly slice the **chilli**, discarding the seeds if less heat is desired.



2. Prepare vegetables



3. Transfer to a bowl



4. Pickle vegetables

Put **2 tbs white vinegar**, **2 tsp sugar** and **2 tsp salt** in a small saucepan over medium heat and stir until dissolved. Pour over the vegetables, then set aside for 10 mins to pickle, stirring regularly.



5. Make peanut dressing

Put the **peanut butter**, **sesame oil**, **1 tbs soy sauce**, **2 tsp honey**, **2 tsp white vinegar** and **80ml (1/3 cup) boiling water** in the same saucepan over low and whisk vigorously until smooth. Remove from heat. (Add extra boiling water to thin the sauce if it thickens on standing.)



6. Get ready to serve

Carefully remove the **tofu** according to the packet instructions, drain on paper towel, then cut into small cubes. Pick the **coriander** sprigs. Drain the **pickled vegetables**. Divide the **rice**, **spinach**, pickled vegetables, tofu and coriander among bowls. Drizzle over the **peanut dressing** and sprinkle with the **fried shallots** to serve.