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## Thai Buddha Bowls

with Tofu and Peanut Dressing



20-30min



4 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

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

## What you'll require

- boiling water
- Australian honey
- salt
- soy sauce <sup>6</sup>
- sugar
- vinegar

## Utensils

- large saucepan
- medium saucepan
- paper towel
- sieve

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

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 1.5 L (6 cups) water to the boil in a large saucepan. Add a pinch of salt and cook the rice in the pan of boiling water for 18 -20 mins until tender. Drain, then set aside and cover to keep warm.



### 2. Prepare vegetables

Meanwhile, peel and very thinly slice the **carrots**. Thinly slice the **cucumbers** and **red cabbage**. Thinly slice the **chillies**, discarding the seeds if less heat is desired.



### 3. Transfer to a bowl

Put the **carrot, cucumber, cabbage** and **chilli** (see cooking tip) in a bowl.



### 4. Pickle vegetables

Put **80ml (1/3 cup) white vinegar, 1 tbs sugar** and **1 tbs salt** in a medium saucepan over medium heat and stir until dissolved. Pour over the vegetables and set aside for 10 mins to pickle, stirring regularly.



### 5. Make peanut dressing

Put the **peanut butter, sesame oil, 2 tbs soy sauce, 1 tbs honey, 1 tbs white vinegar** and **160ml (2/3 cup) boiling water** in the same saucepan over low heat and whisk vigorously until smooth. (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.