

DINNERLY



Crispy Fried Tofu with Asian Greens and Teriyaki Sauce



20-30 minutes



4 Servings

Want your kids to eat tofu? Dust with salt and pepper and pan fry until golden. And to eat more greens? Blanch broccolini so it's still crunchy, then drizzle over teriyaki sauce. All this and steamed rice in under half an hour.

WHAT WE SEND

- silken firm tofu ⁶
- broccolini, Chinese broccoli
- teriyaki sauce ^{1,6,17}
- jasmine rice
- mirin ¹

WHAT YOU NEED

- caster sugar
- cornflour
- sea salt and pepper
- vegetable oil
- water

TOOLS

- large frypan
- large saucepan
- paper towel
- small saucepan

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

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 829kcal, Fat 39.8g, Carbs 82.8g, Proteins 26.8g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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. Make sticky sauce

While the rice is cooking, bring a large saucepan of salted water to the boil for the vegetables. Put the **teriyaki sauce**, **mirin** and **2 tbs sugar** in a small saucepan over low heat and stir until the sugar dissolves, then cook for 4-5 mins until the sauce is thickened.



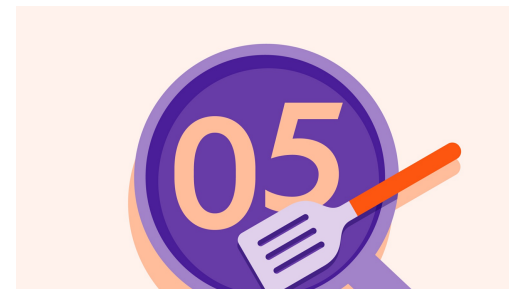
3. Prep vegetables

Meanwhile, carefully remove the **tofu** according to the packet instructions and drain on paper towel for 5 mins. Trim the ends of the **broccolini** and **Chinese broccoli**, then cut crosswise into quarters.



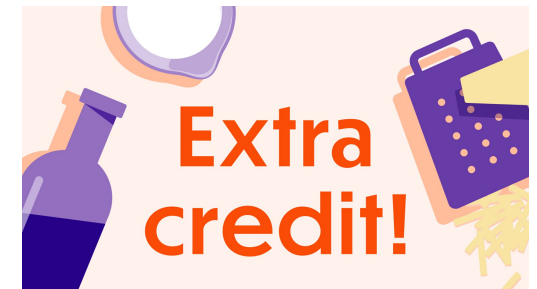
4. Cook tofu

Cut each **tofu** crosswise into 4 slices. Put **120g (1 cup) cornflour** on a plate and season well with **salt and pepper**, then generously coat tofu in the cornflour mixture. (Do not shake off excess as a thick layer is desirable). Heat **125ml (½ cup) vegetable oil** in large frypan over medium-high heat. Cook tofu for 3 mins each side or until golden and crispy.



5. Serve up

Meanwhile, cook the **vegetables** in the saucepan of boiling water for 2-3 mins until tender, then drain. Divide the **rice**, **vegetables** and **crispy tofu** among plates and drizzle with the **sticky sauce** to serve.



6. Kitchen hack

Want to add another pop of flavour? Sprinkle over black or white sesame seeds to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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