





Silky Tofu and Eggplant with Broccoli and Ginger-Sesame Sauce

 20-30min  2 Portions

Wholesome Japanese flavours take the stage in this healthy weeknight meal. Here, a light and flavoursome broth with fresh ginger, soy sauce and sesame oil is used to gently cook tofu and eggplant until wonderfully silky. Serve with warm steamed rice to soak up all the sauce.

What we send

- broccoli, ginger, spring onion
- eggplant
- jasmine rice
- sesame oil ¹¹
- silken firm tofu ⁶
- carrot
- sesame seed mix ¹¹

What you'll require

- boiling water
- caster sugar
- sea salt and pepper
- soy sauce ⁶
- vegetable oil

Utensils

- fine grater
- small saucepan

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

Allergens

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

Nutrition per serving

Energy 640kcal, Fat 25.8g, Carbs 71.7g, Proteins 21.8g



1. 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.



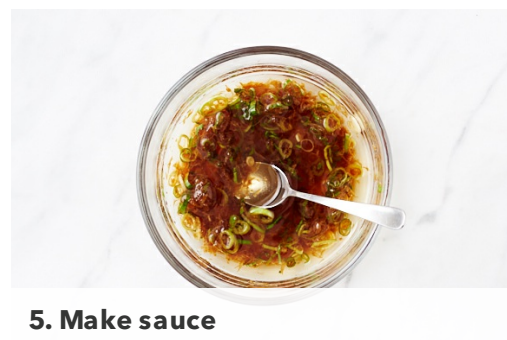
4. Add broccoli

Trim the end of the **broccoli** then cut into florets. Coarsely chop the stem. Add to the poaching liquid and cook for a further 5 mins or until tender. Remove the vegetables with a slotted spoon leaving the poaching liquid in the pan.



2. Make poaching liquid

Meanwhile, peel the **ginger**. Thinly slice **half the ginger**, then finely grate remaining half. Thinly slice the **spring onion**. Put **250ml (1 cup) water**, the sliced ginger, **2 tsp soy sauce** and **½ tsp sesame oil** into a large deep frypan over high heat and bring to the boil. Reduce the heat to medium-low and simmer for 5-10 mins while preparing the vegetables.



5. Make sauce

Meanwhile, put the **spring onion, grated ginger, 1½ tsp sesame oil, 2 tsp soy sauce, ½ tsp salt, ½ tsp sugar** and **2 tbs vegetable oil** into a bowl, stir until the sugar dissolves. Stir the **sesame seeds** into the rice, cover and keep warm.



3. Poach carrot and eggplant

While the liquid is simmering, carefully remove the **tofu** according to the packet instructions and drain on paper towel. Cut tofu into four equal pieces. Trim the **eggplant** and cut into 2cm-thick slices. Peel the **carrot** and cut into thick batons. Add the eggplant and carrot to the poaching liquid. Cover and cook for 8-10 mins until the eggplant is soft.



6. Get ready to serve

Add the **tofu** to the pan and spoon over **ginger sauce**. The tofu should be partially submerged in the poaching liquid. Cover and cook for 5 mins or until the tofu is heated through. Divide **rice** among bowls. Carefully remove the **tofu** from the liquid and divide among the plates with the **vegetables** and any remaining poaching liquid.