



Satay Vegetable Bowl

with Lemongrass Rice



20-30min



4 Portions

There are as many versions of peanut satay sauce as there are people who make it. From Jakarta to George Town, regional Asian cooks put their own spin on this delicious staple. What makes this satay sauce different? It's super easy, for a start; you'll make it in minutes. The secret's in the kecap manis, which gives it a sweet-salty oomph that's delicious with all those healthy veggies, tofu and...

What we send

- tofu ⁶
- peanut butter ⁵
- red capsicum
- coconut milk
- jasmine rice
- broccoli
- roasted peanuts ⁵
- carrots, zucchini
- kecap manis sauce ^{1,6,17}
- lemongrass powder spice

What you'll require

- sea salt and pepper
- soy sauce ⁶
- vegetable oil
- water

Utensils

- medium saucepan with lid
- small saucepan

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

Cooking tip

The remaining lemongrass powder won't be used in this dish.

Allergens

Gluten (1), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 945kcal, Fat 50.0g, Carbs 77.8g, Proteins 38.3g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water, 2 tsp lemongrass powder** (see cooking tip) and a pinch of **salt**. Cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



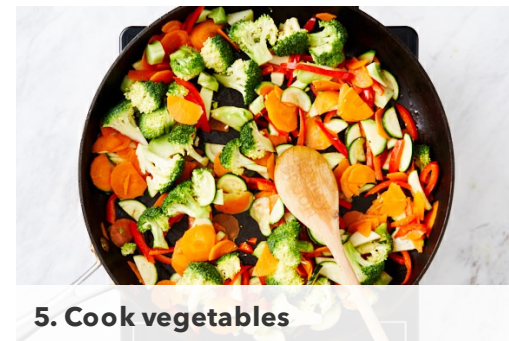
4. Cook tofu

Heat **2 tbs vegetable oil** in a large deep frypan over a medium-high heat. Cook the tofu for 3-5 mins, carefully turning, until golden. Remove from the pan.



2. Prepare ingredients

Meanwhile, carefully remove the **tofu** according to the packet instructions and drain on paper towel for 5 mins. Cut the **broccoli** into florets. Peel and coarsely chop the stem. Peel and thinly slice the **carrot**. Thinly slice the **zucchini**. Cut the **capsicum** into thin strips, discarding the seeds and membrane. Cut the tofu into 2cm cubes.



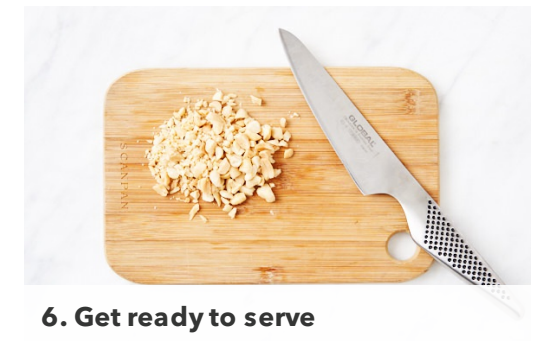
5. Cook vegetables

Add the **carrot** and **broccoli stem and florets** to the pan and stir-fry for 2 mins. Add **60ml (1/4 cup) water**, the **capsicum** and **zucchini** and cook, stirring regularly, for 2 mins or until the vegetables are just tender. Season with **salt and pepper**. Remove the pan from the heat.



3. Make satay sauce

Put the **coconut milk, peanut butter, 2 tsp soy sauce** and the **kecap manis** in a small saucepan and stir over medium heat for 3 mins or until the sauce comes to a simmer and thickens. Remove from the heat, cover and keep warm.



6. Get ready to serve

Meanwhile, coarsely chop the **peanuts**. Divide the rice, vegetables and tofu among bowls. Spoon over the satay sauce and scatter with the chopped peanuts to serve.