

DINNERLY



Sweet Corn Risotto

with Asian Glazed Tofu



30-40 minutes



4 Servings

Break the rules. Make a sweetcorn risotto, then top with Asian greens and glazed tofu to enjoy a world of flavour.

WHAT WE SEND

- 4 vegetable stock cubes
- 300g arborio rice
- 2 bunches pak choy, spring onion
- 2 packets tofu⁶
- 500g corn kernels

WHAT YOU NEED

- boiling water
- Australian honey
- salt and pepper
- soy sauce⁶
- vegetable oil

TOOLS

- foil
- large frypan with lid
- oven tray
- paper towel

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

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 675kcal, Fat 21.8g, Carbs 84.7g, Proteins 29.3g



1. Prep ingredients

Line an oven tray with foil. Crush or finely chop **2 garlic cloves**. Trim and thinly slice the **spring onions**. Trim and quarter the **pak choy** lengthwise. Put the garlic, **corn** and **half the spring onion** in a bowl and blend until creamy with a stick blender (see Kitchen Hack).



2. Cook corn mixture

Preheat the grill to high. Crumble the **stock cubes** into a heatproof jug, add **1.25L (5 cups) boiling water** and stir to combine. Heat **2 tbs vegetable oil** in a large deep frypan over medium-high heat. Cook the **corn mixture**, stirring occasionally, for 3 mins. Add the **rice** and stir for 2 mins until well coated in the mixture.



3. Add stock and simmer

Stir in the **stock** and **2 tbs soy sauce**. Cover and bring to the boil, then reduce the heat to medium-low and cook, stirring occasionally, for 20 mins until the liquid is mostly absorbed and the rice is tender. Remove from the heat, add the **pak choy** and stand, covered, for 5 mins or until the pak choy is tender. Season with **salt and pepper**.



4. Grill tofu

While the risotto is cooking, remove the **tofu** according to the packet instructions, drain on paper towel, then cut into 8 thick slices. Put on the lined tray and scrunch up the foil to form an edge around the tofu. Whisk **1 tbs soy sauce** and **2 tsp honey** in a small bowl, then pour over the tofu. Grill for 5 mins or until the sauce is slightly sticky.



5. Serve up

Divide the **risotto, pak choy** and **glazed tofu** among bowls. Drizzle over a little **soy sauce**, if desired, and scatter with the **remaining spring onion** to serve.



6. Kitchen hack

If you don't have a stick blender or food processor, simply use the whole corn kernels and mash slightly with a fork after the first 5 mins cooking. The dish won't be exactly the same, but it will still be delicious.