

# MARLEY SPOON



## Sticky Ginger-Glazed Tofu

with Veggie Stir-Fry and Brown Rice



20-30min



2 Portions

Tofu gets the glaze and grill treatment here. Coated in a delicious and sticky glaze of thick, sweet soy sauce, it's possibly the easiest way to cook tofu. It's hands-off, leaving you time to prepare the crunchy vegetables, briefly stir-fried with fragrant ginger and garlic and a splash of nutty sesame oil. A bed of nutritious brown rice brings it all together.

## What we send

- garlic, ginger, spring onion
- sesame oil <sup>11</sup>
- fried shallots <sup>1</sup>
- brown rice
- snow peas
- silken firm tofu <sup>6</sup>
- kecap manis <sup>1,6,17</sup>
- carrot
- beans

## What you'll require

- soy sauce <sup>6</sup>
- water

## Utensils

- fine grater
- foil
- medium frypan
- medium saucepan
- oven tray
- paper towel

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

## Allergens

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 675kcal, Fat 31.4g, Carbs 64.3g, Proteins 27.1g



### 1. Prepare ingredients

Bring **1L (4 cups) water** to the boil in a medium saucepan. Peel and finely grate the **ginger**. Crush or finely chop the **garlic**. Peel, then thinly slice the **carrot**. Trim the **beans** and cut into 3cm lengths. Trim the stems from the **snow peas**, removing the strings from one side, then cut in half on an angle. Thinly slice the **spring onions**.



### 4. Prepare tofu

Cut the **tofu** into 4 thick slices. Put on the lined tray and coat with the **glaze**. Grill for 4-5 mins until bubbling and heated through.



### 2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain. Meanwhile, carefully remove the **tofu** according to the packet instructions and drain on paper towel.



### 3. Make glaze

Preheat the grill to medium high. Line an oven tray with foil. Combine **half the ginger**, **half the garlic** and **half the kecap manis** (the remaining kecap manis won't be used in this dish) in a small bowl.



### 5. Start stir-fry

Meanwhile, heat **1 tbs grapeseed oil** in a medium frypan over medium-high heat. Stir-fry the **carrot** and **remaining ginger** and **garlic** for 1 min or until fragrant.



### 6. Finish stir-fry

Add the **beans**, **snow peas**, **spring onion**, the **sesame oil** and **1 tbs soy sauce** and stir-fry for 2-3 mins until the vegetables are just tender. Divide the **rice**, **vegetables** and **tofu** among bowls. Scatter over the **fried shallots** to serve.