

MARLEY SPOON



Sticky Ginger-Glazed Tofu

with Veggie Stir-Fry and Brown Rice



20-30min



4 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

- sesame oil ¹¹
- beans
- snow peas
- kecap manis ^{1,6,17}
- carrot
- fried shallots ¹
- silken tofu ⁶
- brown rice
- garlic, ginger, spring onion

What you'll require

- soy sauce ⁶
- water

Utensils

- fine grater
- foil
- large frypan
- large 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 630kcal, Fat 26.7g, Carbs 63.7g, Proteins 26.9g



1. Prepare ingredients

Bring **1.5L (6 cups) water** to the boil in a large saucepan. Peel and finely grate the **ginger**. Crush or finely chop the **garlic**. Peel, then thinly slice the **carrots**. 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 8 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 the **kecap manis** in a small bowl.



5. Start stir-fry

Meanwhile, heat **2 tbs grapeseed oil** in a large 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**, **sesame oil** and **2 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.