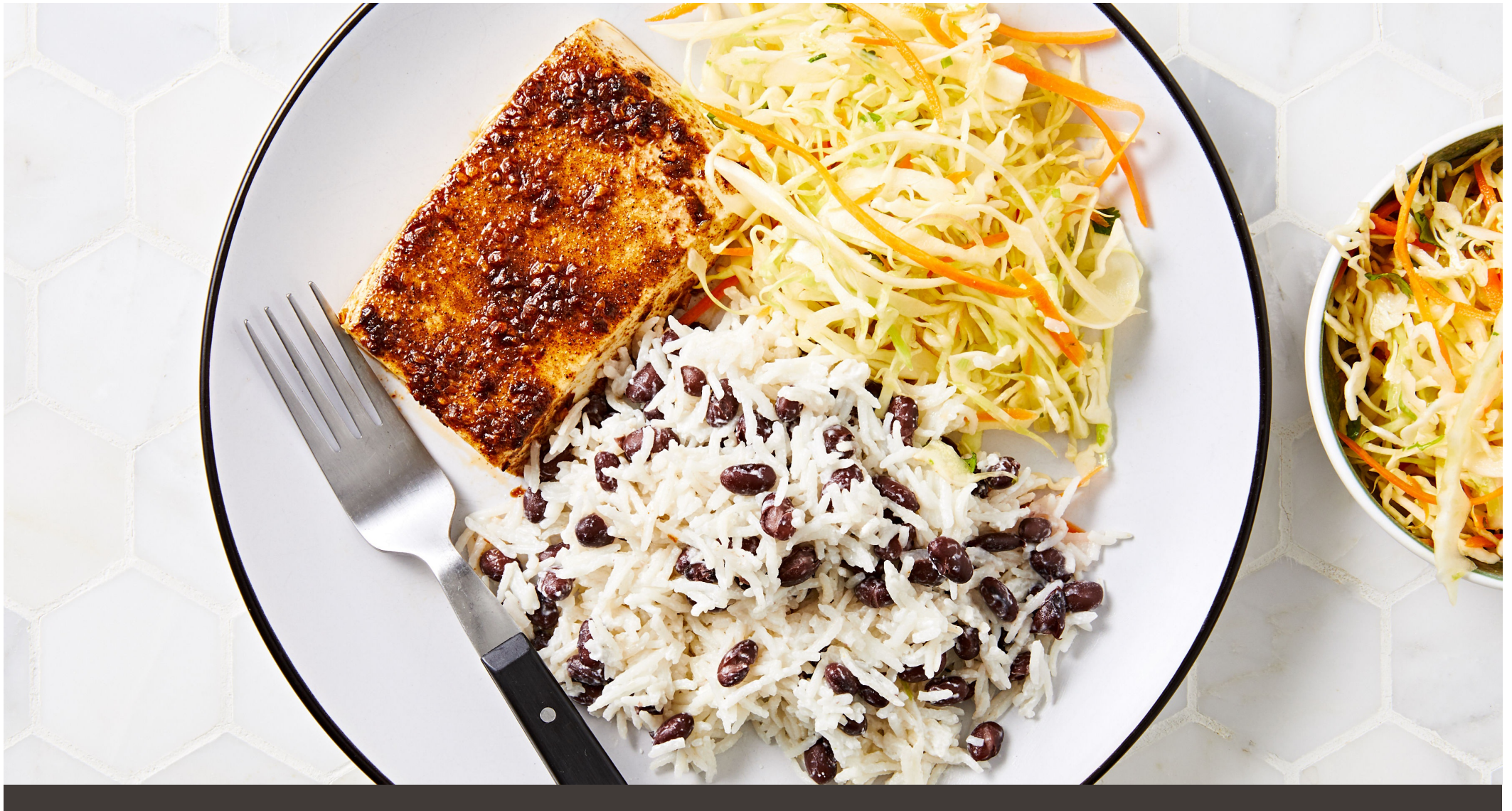


MARLEY SPOON



Caribbean Jerk Tofu with Coconut Rice, Beans and Slaw

 20-30min  4 Portions

When you wish you could escape to the Caribbean but can't (darn it), making dinner inspired by that neck of the woods is the next best thing. Coconut-infused rice and beans, tofu slathered in jerk spicing and an easy slaw dressed with lime and coriander will have you hearing those palm trees sway in no time.

What we send

- coconut milk
- black beans
- Jamaican jerk spice blend ^{1,6,17}
- coriander
- lime
- shallot
- carrot
- basmati rice
- cabbage
- silken firm tofu ⁶

What you'll require

- olive oil
- olive oil spray
- sea salt and pepper
- water

Utensils

- fine grater
- foil
- medium saucepan with lid
- oven tray
- paper towel
- sieve

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

Allergens

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

Nutrition per serving

Energy 935kcal, Fat 35.9g, Carbs 92.2g, Proteins 42.5g



1. Cook coconut rice

Carefully remove the **tofu** according to packet instructions and drain on paper towel. Rinse the **rice** until water runs clear. Put in a medium saucepan with the **coconut milk** and **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook, covered, for 12 mins or until tender and water has absorbed. Stand, covered, for 5 mins.



4. Make slaw

Put the **carrot, cabbage, shallot, coriander, lime zest, lime juice** and **2 tbs olive oil** in a large bowl and season with **salt and pepper**. Using clean hands, massage the **slaw** to soften the cabbage and combine.



2. Grill tofu

Meanwhile, preheat the grill to high. Line an oven tray with foil and spray with **olive oil**. Halve the **tofu** horizontally and put on the lined tray. Combine the **jerk seasoning** and **1 tbs olive oil** and spread over the tofu to cover. Grill for 6-8 mins until deep golden brown.



5. Add beans to rice

Rinse and drain the **black beans** and stir into the **rice**.



3. Chop vegetables

Meanwhile, peel the **carrots**, then shred using a julienne peeler or coarsely grate. Finely shred the **cabbage**. Finely grate the zest, then juice the **limes**. Thinly slice the **shallot**. Finely chop the **coriander**, including the stems.



6. Get ready to serve

Divide the **tofu, slaw** and **rice and beans** among plates to serve.