

# MARLEY SPOON



## Honey-Soy Tofu Rice Bowl

with Avocado



20-30min



2 Portions

This super supper bowl is brimming with flavour and is a cinch to whip up. Sesame rice is loaded with Japanese-style pickled carrot, warm honey-soy tofu, sweet corn and avocado, then finished with a smattering of coriander and sriracha sauce for the perfect midweek dinner.



## What we send

- Japanese short grain rice
- sriracha hot chilli sauce <sup>17</sup>
- coriander, spring onion
- honey soy tofu <sup>1,6,11</sup>
- carrot
- avocado
- sesame seed mix <sup>11</sup>
- sesame oil <sup>11</sup>
- rice wine vinegar
- corn kernels

## What you'll require

- sea salt and pepper
- sugar
- water

## Utensils

- box grater
- sieve
- small saucepan
- small saucepan with lid

Our veggies 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 745kcal, Fat 28.7g, Carbs 87.7g, Protein 26.9g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, 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. Remove from the heat.



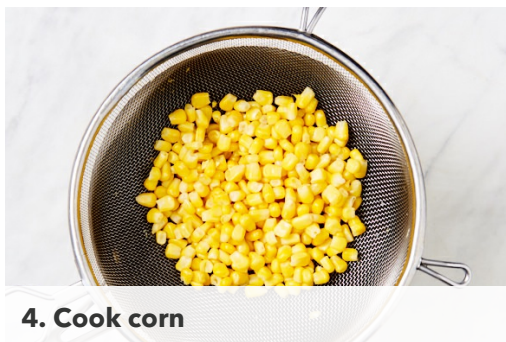
### 2. Warm tofu

Put the **tofu** on top of the rice and stand, covered, for at least 5 mins. Meanwhile, bring a small saucepan of water to the boil for the corn.



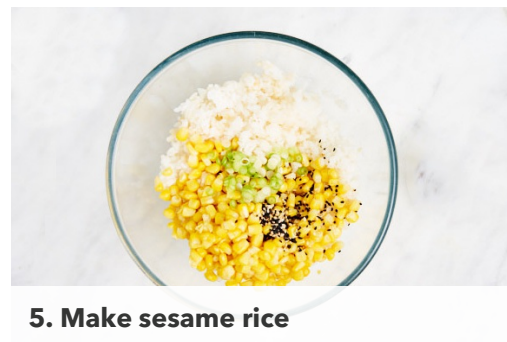
### 3. Pickle carrot

Peel the **carrots**, then shred using a julienne peeler or coarsely grate with a box grater. Combine the carrot, **rice wine vinegar**, **1 tsp salt** and **1 tsp sugar** in a bowl. Set aside, tossing often, until needed.



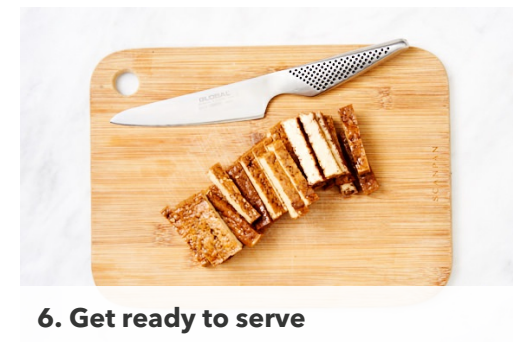
### 4. Cook corn

Add the **corn** to the pan of boiling water, return to the boil and cook for 2 mins. Drain. Meanwhile, thinly slice the **avocado** flesh. Finely chop the **coriander**, including the stems.



### 5. Make sesame rice

Thinly slice the **spring onions**. Transfer the **tofu** to a board, then stir the spring onion, **corn**, **sesame seeds** and **sesame oil** into the **rice** and season with **salt and pepper**.



### 6. Get ready to serve

Thinly slice the **tofu**. Divide the **rice** among bowls, then top with the tofu, **avocado** and **carrot**, including the **pickling liquid**. Scatter over the **coriander** and serve with the **sriracha sauce**.