

MARLEY SPOON



Honey-Soy Tofu Rice Bowl

with Avocado



20-30min



4 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

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

What you'll require

- sea salt and pepper
- sugar
- water

Utensils

- box grater
- medium saucepan
- medium saucepan with lid
- sieve

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 735kcal, Fat 28.7g, Carbs 85.4g, Protein 26.6g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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 medium saucepan of water to the boil for the corn.



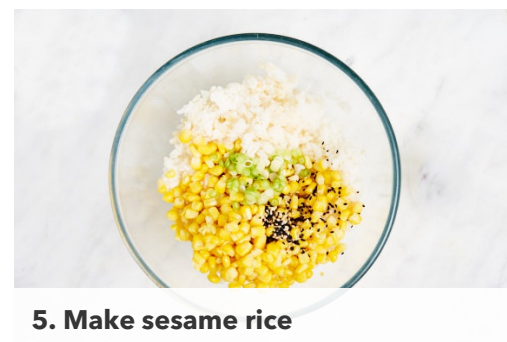
3. Pickle carrot

Peel the **carrots**, then shred using a julienne peeler or coarsely grate with a box grater. Combine the carrot, **rice wine vinegar**, **1 1/2 tsp salt** and **1 1/2 tsp sugar** in a bowl. Set aside, tossing often, until needed.



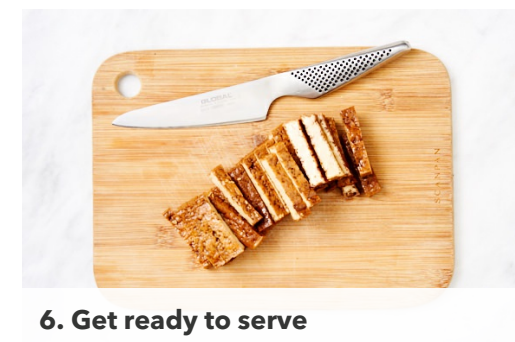
4. Cook corn

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**.