

MARLEY SPOON



Korean Tofu Veggie Bowl

with Gochujang Mushrooms



20-30min



4 Portions

Move over sriracha chilli sauce. Gochujang is the new chilli condiment on the block with the explosion of the popularity of Korean cuisine. Though equally difficult to say, you'll find it just as easy to use, tossed here through pan-cooked mushrooms. Served with marinated tofu and zucchini, greens and a fried egg, it's a bowl of goodness.

What we send

- gochujang chilli paste ^{1,6}
- zucchini
- mushroom
- honey soy tofu ^{1,6,11}
- brown rice
- white sesame seeds ¹¹
- sesame oil ¹¹
- Chinese broccoli, spring onion

What you'll require

- egg ³
- sea salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil or other neutral-flavoured oil
- water
- white vinegar

Utensils

- large frypan
- medium saucepan with lid

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

Cooking tip

Add gochujang to taste. Any remaining gochujang can be spooned over the rice, for an extra kick of flavour and chilli.

Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11).
May contain traces of other allergens.

Nutrition per serving

Energy 735kcal, Fat 29.0g, Carbs 59.3g,
Proteins 34.9g



1. Prepare ingredients

Read through the recipe. Bring **1.5L (6 cups) water** to the boil in a medium saucepan for the rice. Thinly slice the **tofu**. Thinly slice the **Chinese broccoli**, keeping the stems and leaves separate. Wipe the **mushrooms** clean, then quarter.



4. Cook Chinese broccoli

Heat **2 tsp sesame oil** in a large frypan over medium-high heat. Stir-fry the **Chinese broccoli stalks** for 1-2 mins. Add the **broccoli leaves** and stir-fry for 1 min or until the leaves are wilted. Transfer to a bowl, add the **sesame seeds**, season with **salt and pepper** and toss to combine.



2. Cook rice

Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain. Return to the pan and cover to keep warm.



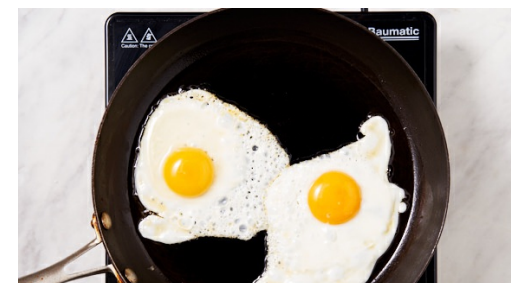
5. Cook mushrooms

Heat **2 tsp sesame oil** and **2 tsp oil** in the pan over medium-high heat. Cook the **mushrooms**, tossing, for 5 mins or until golden. Remove from the heat, add **1 tbs gochujang** (see cooking tip) and **1½ tbs water** and toss to combine, then transfer to a bowl. Put the **tofu** on top of the cooked drained **rice**, cover and set aside.



3. Marinate zucchini

Meanwhile, combine **1 tbs white vinegar**, **1 tbs soy sauce** and a **large pinch of sugar** in a medium bowl and stir to combine. Peel the **zucchini** into ribbons using a vegetable peeler. Trim and thinly slice the **spring onions** on an angle. Add the zucchini and spring onion to the **soy sauce mixture** and toss to coat.



6. Fry eggs

Wipe the pan clean. Heat **1 tbs oil** in the pan over medium-high heat. Crack in **4 eggs** and cook for 3-4 mins until the whites are set, or until cooked to your liking. Divide the **rice**, **tofu**, **zucchini mixture**, **Chinese broccoli mixture**, **mushrooms** and **eggs** among bowls to serve.