



Malaysian Tofu Fried Rice

with Omelette and Spring Onion



20-30min



4 Portions

Get the veggie-loving feeling with this quick stir-fry of tofu and greens. The marinated tofu adds loads of flavour without having to put in the work, just toss in chopped red capsicum, carrot and spring onion and bring it all together with a flavoursome kecap manis based sauce

What we send

- rice wine vinegar
- kecap manis ^{1,6,17}
- peanut satay tofu ^{1,5,6}
- capsicum
- carrot
- ginger
- spring onion
- basmati rice
- coriander, garlic

What you'll require

- egg ³
- pepper
- soy sauce ⁶
- water

Utensils

- fine grater
- medium saucepan with lid
- deep frypan or wok

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

Allergens

Gluten (1), Egg (3), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 625kcal, Fat 21.2g, Carbs 75.6g, Proteins 26.0g



1. Prepare vegetables

Read through the recipe. Bring **1.5L (6 cups) water** to the boil in a medium saucepan for the rice. Peel and thinly slice the **carrots**. Thinly slice the **garlic**. Peel and finely grate the **ginger**. Thinly slice the **capsicums**, discarding the seeds and membrane. Trim and halve the **spring onions** lengthwise, then cut into 3cm lengths.



4. Stir-fry vegetables

Heat **1 tbs oil** in the pan over high heat. Stir-fry the **carrot** for 2 mins or until starting to soften. Add the **garlic, ginger, capsicum** and **spring onion** and stir-fry, adding a little water to prevent sticking if necessary, for 2-3 mins until the vegetables are just tender.



2. Cook rice

Cook the **rice** in the pan of boiling water for 12 mins or until tender. Drain. Meanwhile, thinly slice the **tofu**. Combine the **kecap manis, rice wine vinegar** and **2 tbs soy sauce** in a bowl. Finely chop the **coriander**, including the stems.



5. Stir-fry rice

Add the **rice, sauce mixture** and **tofu** to the pan and stir-fry for 2-3 mins until well combined and heated through. Stir in **half the coriander** and remove from the heat.



3. Make omelette

Crack **4 eggs** into a bowl, season with **pepper** and whisk to combine. Heat **1 tbs oil** in a large deep frypan over medium-high heat. Add the **egg mixture**, swirling to coat the pan, and cook for 2-3 mins until just set. Loosely roll up and remove from the pan.



6. Get ready to serve

Thinly slice the **omelette**. Divide the **fried rice** among bowls. Scatter over the **omelette** and **remaining coriander** to serve.