

MARLEY SPOON



Tofu Super Supper Bowl

with Chilli Ginger Dressing



30-40min



2 Portions

What we send

- honey soy tofu ^{1,6,11}
- brown rice
- ginger
- Chinese cabbage
- sambal oelek
- dried shiitake mushrooms ¹⁷
- Lebanese cucumber
- carrot
- sesame seed blend ¹¹
- coriander
- 1 garlic clove
- 1 spring onion

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- 2 eggs ³
- honey
- neutral-flavoured oil
- pepper
- soy sauce ⁶
- water
- white vinegar

Utensils

- fine grater
- large frypan
- mandoline (optional)
- medium saucepan with lid
- stick blender or food processor
- julienne peeler or box grater
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Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 730kcal, Fat 29.2g, Carbs 66.7g, Proteins 32.1g



1. Cook shiitake rice

Read through the recipe. Put the **shiitake mushrooms** and **1L (4 cups) water** in a medium saucepan and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain. Remove the shiitake mushrooms from the rice, discard the stems and finely slice. Return the mushrooms and rice to the pan and cover to keep warm.



4. Make dressing

Put the **garlic, ginger, sambal oelek** (add to suit your heat preference), **half the coriander, 1 tbs soy sauce, 1 tbs white vinegar, 2 tsp oil, 2 tsp water** and **1 tsp honey** in a bowl. Using a stick blender, process until smooth, or mix well with a fork. Season with **pepper**.



2. Prepare salad ingredients

Meanwhile, finely shred **half the cabbage**** with a mandoline or a sharp knife. Peel and shred the **carrot** with a julienne peeler or coarsely grate with a box grater. Thinly slice the **cucumber**. Trim and thinly slice the **spring onion** on an angle.



5. Cook tofu

Heat **2 tsp oil** in a medium frypan over medium-high heat. Cook the **tofu** for 1-2 mins each side until golden and crisp. Transfer to a board. Cut each piece of tofu in half, on an angle, to form triangles.



3. Prepare ingredients

Crush or finely chop **half the garlic****. Coarsely chop the **coriander**, including the stems. Peel and finely grate the **ginger**.



6. Get ready to serve

Heat **2 tsp oil** in the pan over medium heat. Crack **2 eggs** into the pan and cook for 3-4 mins until just set, or until cooked to your liking. Divide the **shiitake rice, cabbage, carrot, cucumber, tofu** and **eggs** among bowls. Drizzle with the **dressing** and scatter over the **spring onion, sesame seeds** and **remaining coriander** to serve.

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