

# MARLEY SPOON



## Tofu Super Supper Bowl

with Chilli Ginger Dressing



30-40min



4 Portions

## What we send

- carrot
- Lebanese cucumber
- Chinese cabbage
- honey soy tofu <sup>1,6,11</sup>
- brown rice
- ginger
- sambal oelek
- dried shiitake mushrooms <sup>17</sup>
- sesame seed blend <sup>11</sup>
- coriander
- 1 garlic clove
- 2 spring onions

## What you'll require

- 2 eggs <sup>3</sup>
- honey
- neutral-flavoured oil
- pepper
- soy sauce <sup>6</sup>
- water
- white vinegar

## Utensils

- fine grater
- large frypan
- mandoline (optional)
- medium saucepan with lid
- stick blender or food processor

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 29.1g, Carbs 66.6g, Proteins 32.1g



**1. Cook shiitake rice**

**Read through the recipe.** Put the **shiitake mushrooms** and **1.5L (6 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.



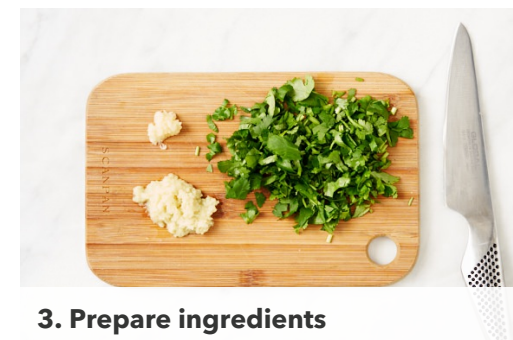
**4. Make dressing**

Put the **garlic, ginger, sambal oelek** (add to suit your heat preference), **half the coriander, 2 tbs soy sauce, 2 tbs white vinegar, 1 tbs oil, 1 tbs water** and **2 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 the **cabbage** with a mandoline or a sharp knife. Peel and shred the **carrots** with a julienne peeler or coarsely grate with a box grater. Thinly slice the **cucumbers**. Trim and thinly slice the **spring onions** on an angle.



**3. Prepare ingredients**

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



**5. Cook tofu**

Heat **1 tbs oil** in a large 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.



**6. Get ready to serve**

Heat **1 tbs oil** in the pan over medium heat. Crack **4 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.