



## Tofu and Fried Eggplant

with Sesame-Ginger Sauce



20-30min



2 Portions

With their soft, creamy centres and ability to take on different flavours, silken tofu and eggplant are two of our favourite culinary chameleons, here soaking up delicious notes of soy, sesame, ginger, coriander and chilli. Served on a bed of Japanese short-grain rice, this healthy vegetarian meal is pure comfort food.



## What we send

- eggplant
- mild chilli flakes
- white sesame seeds <sup>11</sup>
- garlic cloves, spring onion, ginger, coriander
- silken firm tofu <sup>6</sup>
- short grain rice
- sesame oil <sup>11</sup>

## What you'll require

- soy sauce <sup>6</sup>
- vegetable oil
- water

## Utensils

- paper towel
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

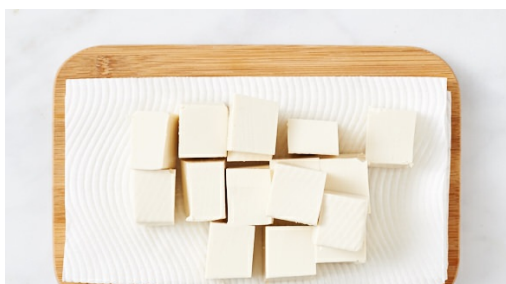
## Nutrition per serving

Energy 685.0kcal, Fat 32.4g, Proteins 25.4g, Carbs 70.6g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



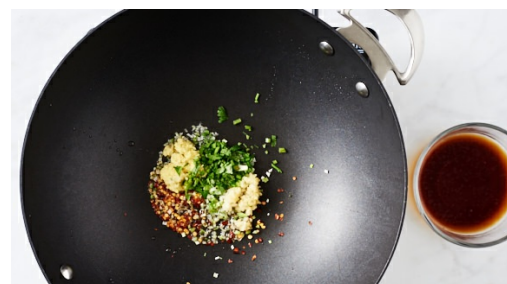
### 4. Prepare tofu

Carefully remove the **tofu** from the packet according to the packets instructions and drain on paper towel. Cut into 2-3cm cubes.



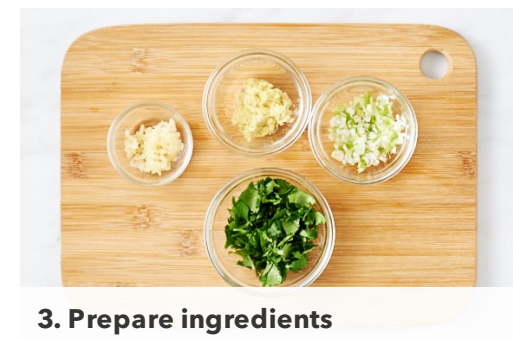
### 2. Cook eggplant

While the **rice** is cooking, cut the **eggplant** into 2cm chunks. Heat **1 ½ tbs vegetable oil** in a wok or large deep frypan over medium-high heat. Add the eggplant and cook, tossing occasionally, for 8-10 mins until slightly golden and tender. Remove from the wok and set aside.



### 5. Cook sauce

Heat the **remaining 2 tsp vegetable oil** and the **sesame oil** in the same wok over medium-high heat. Add the **spring onion, garlic, ginger, half the coriander** and **half the chilli flakes** (reserve remaining chilli for another use) and cook, tossing, for 1 min or until fragrant. Add the **soy sauce** and **remaining 80ml (1/3 cup) water** and bring to a simmer.



### 3. Prepare ingredients

While the eggplant is cooking, finely chop the **spring onion**. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Finely chop the **coriander**, including the stems.



### 6. Get ready to serve

Carefully add the **tofu** and cook for 1 min to warm through. Add the **eggplant** and carefully spoon the sauce over to coat, making sure you don't break up the tofu pieces. Divide the **rice, tofu, eggplant** and **sauce** among bowls. Scatter with the **sesame seeds** and **remaining coriander** to serve.