



Tofu and Fried Eggplant

with Sesame-Ginger Sauce



20-30min



4 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

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

What you'll require

- soy sauce ⁶
- vegetable oil
- water

Utensils

- paper towel

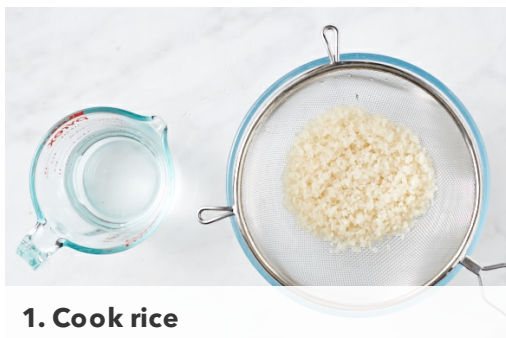
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

Nutrition per serving

Energy 670.0kcal, Fat 31.2g, Proteins 24.8g, Carbs 70.3g



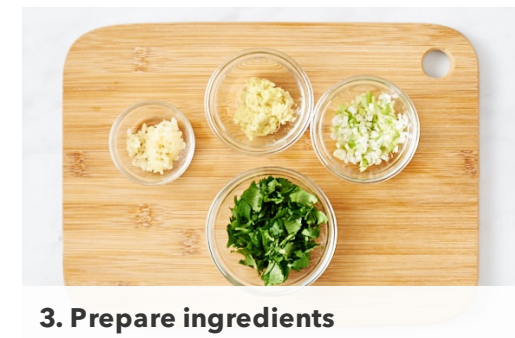
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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.



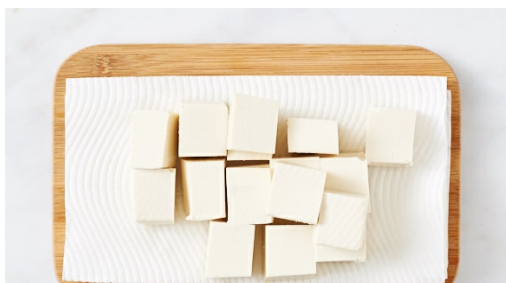
2. Cook eggplant

While the **rice** is cooking, cut the **eggplant** into 2cm chunks. Heat **60ml (¼ cup) vegetable oil** in a wok or large deep frypan over medium-high heat. Add the eggplant, in 2 batches if necessary, and cook, tossing occasionally, for 8-10 mins until slightly golden and tender. Remove from the wok and set aside.



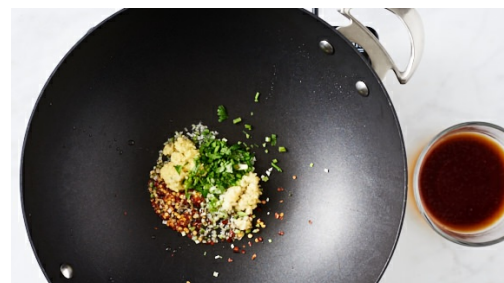
3. Prepare ingredients

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



4. Prepare tofu

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



5. Cook sauce

Heat the **remaining 1 tbs vegetable oil** and the **sesame oil** in the same wok over medium-high heat. Add the **spring onion, garlic, ginger, half the coriander** and the **chilli flakes** and cook, tossing, for 1 min or until fragrant. Add the **soy sauce** and the **remaining 160ml (⅔ cup) water** and bring to a simmer.



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.