



# Rich baked tofu and garden salad

served with brown rice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, baking dish



Pantry items needed: none



Hands-on: 15-20 minutes

Ready in: 35 minutes



Serves: 2 or 4

This rich and creamy baked tofu dish served over brown rice is just so simple but so good! Crispy on the top and creamy on the bottom, this tofu bake will get you wanting more! Paired with a fresh garden salad dressed with house-made mustard balsamic vinaigrette, it makes for the perfect contrast, bringing the dish together superbly.

NO ADDED GLUTEN | HIGH PROTEIN | CALORIE SMART | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Brown rice	1 packet	1 packet
Water for rice*	1½ cup	3 cups
Tofu	1 packet	2 packets
Garlic	4g	8g
Tahini and tamari sauce base	1 tub	1 tub
Boiling water*	½ cup	1 cup
Cucumber	150g	300g
Carrot	60g	120g
White onion	25g	50g
Parsley	10g	20g
Mixed leaves	75g	150g
Mustard balsamic vinaigrette	1 tub	1 tub

\* Pantry items

Allergens and ingredients

Allergens: soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook rice

Preheat oven to 190°C. Rinse **brown rice** through a sieve until the water runs clear. In a small pot, add **brown rice** and **water for rice\*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **30 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Bake tofu

Dice **tofu** into 2cm cubes and place into a baking dish in a single layer. Finely chop **garlic**. In a heatproof jug, add **tahini and tamari sauce base**, **garlic** and **boiling water\*** and whisk until smooth. Pour **sauce** over **tofu** and bake until the top becomes browned and slightly crispy, about **25 minutes**.

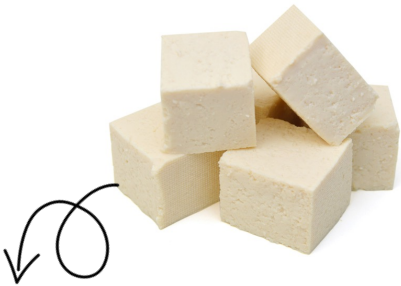
3. Make salad

Cut **cucumber** in half lengthways and slice. Grate **carrot**. Halve and finely slice **onion** (use **½ for 2 serves** and **1 for 4 serves**). Pick **parsley** leaves and roughly chop. In a large salad bowl, add **mixed leaves**, **cucumber**, **carrot** and **onion**. Shake **mustard and balsamic vinaigrette**, pour over **salad** and toss to coat.

4. Serve

Serve **brown rice** into bowls, top with **rich baked tofu** and **salad** on the side, sprinkle over **parsley**.

Eat your way to healthy!



**Tofu** is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of ‘bad’ cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information\*

	Per 640g serve	Per 100g
Energy	2164kJ (518Cal)	338kJ (81Cal)
Protein	47.6g	7.4g
Fat, total	48.3g	7.6g
- Saturated	8.2g	1.3g
Carbohydrate	37g	6g
- Sugars	7g	1g
Sodium	1050mg	165mg

\* Nutritional information is based on averages