



Pineapple sweet and sour tofu

with jasmine rice



This succulent pineapple sweet and sour dish is better than takeout in terms of flavour and health benefits, being made with no refined sugar! Our preparation method makes this so easy to prepare at home. Made with crispy tofu, sweet capsicum and pineapple in a tangy, mouthwatering sauce.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large non-stick frying pan, small/medium pot, small pot



Pantry items needed: peanut/vegetable oil



Hands-on: 20-25 minutes
Ready in: 30-35 minutes



Serves: 2 or 4

HIGH PROTEIN | NO ADDED GLUTEN | Great for leftovers

Before you start

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

Ingredients

	2 serves	4 serves
Jasmine rice	165g	330g
Water, divided*	310ml	620ml
Capsicum	150g	300g
Garlic	4g	8g
Pineapple pieces	1 can	2 cans
Spring onion	30g	60g
Firm organic tofu	1 packet	2 packets
Corn starch, divided	38g	76g
Sweet and sour sauce base	158g	316g
Peanut/vegetable oil*	¼ cup	½ cup
Toasted sesame seeds	10g	20g

* 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

Rinse **jasmine rice** in a sieve until the water runs clear. In a small pot, add **jasmine rice** and **water*** (**1 cup + 2 tbsp for 2 serves** and **2¼ cup for 4 serves**) and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Prepare ingredients

Dice **capsicum**. Mince **garlic**. Drain **pineapple**. Finely slice **spring onion** on the diagonal, separating **greens** and **whites**. Cut **tofu** into 2cm cubes. In a small bowl, add a portion of **corn starch** (**1 tbsp for 2 serves** and **2 tbsp for 4 serves**) and **water*** (**2 tbsp for 2 serves** and **4 tbsp for 4 serves**) and mix together. In a plastic container with a lid, place remaining **corn starch** and **tofu** and shake to coat **tofu**.

3. Cook vegetables

In a small/medium pot over medium heat, add **sweet and sour sauce base**, **capsicum**, **spring onion whites**, **garlic** and **pineapple**. Cook, uncovered, stirring occasionally, for **15 minutes**. When done, stir in **corn starch mixture** and cook for **2 minutes** to thicken. Remove from the heat.

4. Fry tofu

In a large non-stick frying pan, add **peanut/vegetable oil*** (tip 1). When hot, working in batches if necessary, add **tofu** in an even layer so they are not touching and cook until golden brown on most sides, about **10 minutes**. When done, remove from the pan and place onto paper towel.

5. Finish sweet and sour tofu

Carefully wipe out frying pan with paper towel and return to medium heat. Add **tofu** back to the pan, pour over **sweet and sour sauce** and cook until combined and hot, about **1 minute**.

6. Serve

Serve **pineapple sweet and sour tofu** with **jasmine rice**. Top with **spring onion greens** and **toasted sesame seeds**.

Cooking tip

1. The oil should be at least 3mm deep.

Eat your way
to healthy!



Capsicums are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides upwards of 170% of your RDI of vitamin C!

Capsicums are loaded with many other vitamins such as E, A, B6, B9, K1 and minerals such as potassium. They are also a great source of iron, which, when paired with vitamin C, aids iron absorption, preventing conditions such as iron deficiency and anaemia.

Nutritional information*

	Per 660g serve	Per 100g
Energy	4135kJ (989Cal)	627kJ (150Cal)
Protein	40.1g	6.1g
Fat, total	33.7g	5.1g
- Saturated	5.8g	0.9g
Carbohydrate	123.0g	19.0g
- Sugars	38.0g	6.0g
Sodium	1250mg	189mg

* Nutritional information is based on averages