



Japanese tofu steaks

with sautéed asparagus and shiitake mushrooms



This protein-rich tofu and vegetable dish is so simple to make. Tofu, fresh shiitake mushrooms and asparagus are sautéed in a fragrant, subtle Japanese sauce and served over jasmine rice. Very easy for a weeknight meal!



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large non-stick frying pan x 2



Pantry items needed: ground white/black pepper



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



Serves: 2 or 4

NO ADDED GLUTEN | HIGH PROTEIN | Adventurous

Before you start

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

Ingredients

	2 serves	4 serves
Firm tofu	1 packet	1 packet
Jasmine rice	1 packet	1 packet
Water for rice*	1½ cup	3 cups
Asparagus	100g	200g
Shiitake mushrooms	100g	200g
Lemon	100g	100g
Boiling water*	1 cup	2 cups
Mushroom stock granules	1 packet	1 packet
Japanese tofu steak sauce	1 tub	1 tub
Rice flour	1 packet	1 packet
Sesame oil, divided	1 tub	1 tub
Ground white / black pepper*	¼ tsp	¼ tsp

* Pantry items

Cooking tips

1. You can also use kitchen paper towel.
2. Keep the lemon for a salad dressing or to add to drinking water!
3. The pan will spit when the sauce mixture is first added, so turn the fan onto high and stand back from the stovetop.

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. Press tofu and cook rice

Wrap **tofu** in a clean tea towel (tip 1) and place a heavy weight on top. Allow to stand for **10 minutes**. Rinse **jasmine rice** in a sieve until the water runs clear. In a small pot, add **jasmine 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 **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Prepare vegetables

Preheat oven to 100°C (4 serves only). Cut off woody ends of **asparagus** and slice in half lengthways. Wipe **mushrooms** clean with kitchen paper towel and remove stems. Using a sharp knife, lightly score a cross in the top of each **mushroom**.

3. Prepare sauce

Zest **lemon** (**½ for 2 serves** and **1 for 4 serves**) (tip 2). In a medium jug, add **boiling water***, **mushroom stock granules**, **lemon zest** and **Japanese tofu steak sauce** and stir to combine.

4. Prepare and cook tofu

Slice **tofu** into slabs to make 'steaks' (6 for 2 serves and 12 for 4 serves). Add **rice flour** into a deep plate and dip **tofu steaks** in **rice flour** to lightly coat. Using only **half** the **sesame oil** (working in batches for 4 serves if necessary), in a large non-stick frying pan over medium-high heat, add the divided **sesame oil**. When hot, add **tofu steaks** and cook until golden and crispy, about **3 minutes** on each side. Add a portion of the **sauce** mixture (tip 3) (**¼ cup for 2 serves** or **½ cup for 4 serves**, divided into batches for 4 serves if necessary) and cook for **1-2 minutes**, flipping over **tofu steaks** again once more. For 4 serves, place cooked **tofu steaks** in the oven to keep warm while cooking second batch.

5. Cook vegetables

In another large non-stick frying pan over medium-high heat, add remaining **sesame oil**. When hot, add **asparagus** and **shiitake mushrooms**, season with **ground white or black pepper*** and cook, turning regularly, until the vegetables start to colour, about **3 minutes**. Add remaining **sauce mixture** and cook for a further **2-3 minutes**.

6. Serve

Serve **tofu steaks**, **asparagus** and **mushrooms** on plates with **rice** and with any leftover **sauce** in the pan drizzled over the top.

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 455g serve	Per 100g
Energy	3243kJ (776Cal)	713kJ (171Cal)
Protein	34.7g	7.6g
Fat, total	34.6g	7.6g
- Saturated	5.3g	1.2g
Carbohydrate	77.0g	17.0g
- Sugars	5.0g	1.0g
Sodium	959mg	211mg

* Nutritional information is based on averages