Tofu burrito bowl

with lime coriander rice and two salsas



Make this dish within 5 days of receiving your meal kit

Cooking equipment: large frying pan, small pot

Pantry items needed: olive oil, freshly ground black pepper, salt

Hands-on: 35-40 minutes
Ready in: 40-45 minutes

Serves: 2 or 4

A vibrant Mexican-inspired bowl of tofu simmered in rich, house-made salsa roja, made from guajillo and ancho chillies, served over a zesty lime and coriander rice and quinoa blend. Topped with two fresh salsas — sautéed corn with lime and a juicy tomato, avocado and coriander salsa — plus crisp shredded lettuce for plenty of freshness, colour and texture.

HIGH FIBRE | HIGH PROTEIN | NO ADDED GLUTEN | Great for leftovers, Spicy (mild)

Before you start

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

Ingredients

	2 serves	4 serves
Quinoa rice blend	165g	330g
Water, divided*	1¾ cups	3½ cups
Salt, divided*	1⅛ tsp	2¼ tsp
Olive oil, divided*	33ml	66ml
Corn	300g	600g
Onion	50g	100g
Firm organic tofu	1 packet	2 packets
Cherry tomatoes	100g	200g
Coriander	15g	30g
Avocado	200g (half)	200g
Lime	80g	160g
Cos lettuce leaves	40g	80g
Salsa roja	150g	290g
Freshly ground black pepper*	⅛ tsp	¼ tsp

** Pantry items*

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

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

Instructions

1. Cook quinoa rice blend

Rinse **quinoa rice blend** through a fine sieve until the water runs clear. In a small pot, add **quinoa rice blend**, **water*** (**1½ cups for 2 serves** and **3 cups for 4 serves**), **salt*** (**¼ tsp for 2 serves** and **½ tsp for 4 serves**), **olive oil*** (**½ tsp for 2 serves** and **1 tsp for 4 serves**) and bring to a boil. Reduce heat to low and simmer, covered, until the water has absorbed, and **rice** is tender, about **25 minutes**. When cooked, turn off and keep covered until ready to serve.

2. Prepare ingredients

Slice off **corn kernels**. Finely dice **onion**. In a small bowl, crumble **tofu** into bite-sized pieces. Quarter **cherry tomatoes**. Pick **coriander** leaves and finely chop. Finely chop **coriander** stems. Dice **avocado** (**½ for 2 serves** and **1 for 4 serves**). Zest **half the quantity** of **lime**. Juice **lime**. Finely shred **lettuce**.

3. Cook corn for salsa

In a large frying pan over medium/high heat, add **olive oil*** (**1 tbsp for 2 serves** and **2 tbsp for 4 serves**). When hot, add **corn kernels** and cook, stirring frequently, for **3 minutes**. Add **half the quantity** of **onion** and cook until **corn** is starting to turn golden, about **2 minutes**. Transfer to a bowl.

4. Cook salsa roja tofu

In the same pan over medium heat, add **olive oil*** (**1 tbsp for 2 serves** and **2 tbsp for 4 serves**). When hot, add **tofu** and allow to cook undisturbed for **2-3 minutes** until turning golden. Flip over and repeat. Add **salsa roja**, **salt*** (**½ tsp for 2 serves** and **1 tsp for 4 serves**) and **water*** (**¼ cup for 2 serves** and **½ cup for 4 serves**). Simmer, stirring occasionally, until the sauce is almost completely absorbed, about **8-10 minutes**.

5. Finish salsas

Into bowl with **corn**, add **lime juice** (**½ tbsp for 2 serves** and **1 tbsp for 4 serves**) and **salt*** (**⅛ tsp for 2 serves** and **¼ tsp for 4 serves**).

In a bowl, add **tomato**, **avocado**, **coriander stems**, **half the quantity** of chopped **coriander leaves**, remaining **onion**, **lime juice** (**½ tbsp for 2 serves** and **1 tbsp for 4 serves**), **salt*** (**¼ tsp for 2 serves** and **½ tsp for 4 serves**) and **pepper*** and toss together.

6. Serve

Fluff **quinoa rice blend** with a fork. Stir in **lime zest**, remaining **lime juice** and remaining chopped **coriander leaves**.

Serve **quinoa rice blend** with **salsa roja tofu**, **corn salsa**, **tomato salsa** and **lettuce**.

Nutritional information*

	Per 594g serve	Per 100g
Energy	3851kJ (920Cal)	648kJ (155Cal)
Protein	42.4g	7.1g
Fat, total	41.4g	7.0g
- Saturated	6.5g	1.1g
Carbohydrate	82.4g	13.9g
- Sugars	14.2g	2.4g
Sodium	1515mg	255mg

** Nutritional information is based on averages*