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But The Chef

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## Coconut Tofu Bowls

Tasty marinated lemongrass and ginger tofu? Check. Creamy coconut stir fry veggies? Check. Crunchy cashews? Check! This delicious brown rice bowl is protein packed and bursting with colour and flavour. In fact, 'bowl' may not do this dinner justice. Enjoy tucking into your Cacophonous Coconut Tofu Treat!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



lactose  
free



pantry  
items



Brown Rice



Tofu



Lemongrass



Birdseye Chilli



Ginger



Lime



Broccoli



Carrot



Coconut Milk



Spring Onions



Cashew Nuts



Coriander

2P	4P	Ingredients
150 g	300 g	brown rice
1/2 block	1 block	tofu, chopped into 2 cm cubes
4 cm	8 cm	lemongrass, finely chopped <b>A</b>
1	2	birdseye chilli, finely chopped
1 knob	2 knobs	ginger, peeled & grated
1/2	1	lime, zested & juiced ⊕
1 tbs	2 tbs	soy sauce *
1 head	2 heads	broccoli, cut into florets
1	2	carrot, julienned ⊕
1 tin	2 tins	coconut milk
1 bunch	2 bunches	spring onions, sliced ⊕
50 g	100 g	cashew nuts
1 tbs	2 tbs	coriander, roughly chopped ⊕

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2950	Kj
Protein	21.2	g
Fat, total	49	g
-saturated	31.4	g
Carbohydrate	38.3	g
-sugars	11	g
Sodium	799	mg

#### Measuretool

0 cm	1 cm	2 cm



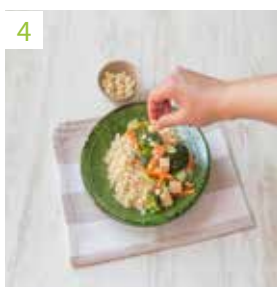
**1** Place **brown rice** in a sieve and rinse under cold water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Add the rice to a large saucepan and cover with double the amount of water. Bring to the boil. Reduce to a simmer and cook covered for 25-30 minutes or until rice is tender and water has been absorbed (if all of the water hasn't been absorbed, just drain it).



**2** Place the **tofu cubes** on a plate lined with paper towel to drain. In a large mixing bowl, add the **lemongrass, chilli, ginger, lime zest and juice, and soy sauce** and stir to mix. Add the tofu and set aside to marinate for at least 20 minutes.



**3** Heat a pan over a medium-high heat and add a splash of oil. When the pan is hot, add the tofu with the marinade and sauté for **4-5 minutes**, until edges are brown. Add the **broccoli, carrot, and coconut milk** and cook until the veggies are soft and warmed through. To finish, stir in the **spring onions**, and season with **salt and pepper**, to taste.



**4** To serve, add a big scoop of brown rice to the bowl, top with the tofu vegetable mixture, spooning over the sauce and a sprinkle of **cashew nuts and coriander**.

**Did you know?** Cashew apples, the fruit attached to cashew nuts, have 5 times the amount of vitamin C compared to oranges.