



# Teriyaki Tofu Bulgur Bowl

with smashed cucumber and pickled radish

30 – 35 mins • Veggie • Optional spice

14



Tofu



Teriyaki Sauce



Chilli



Bulgur Wheat



Apple Cider Vinegar



Sesame Seeds



Soy Sauce



Garlic, Ginger & Lemongrass Paste



Cucumber



Radish



Tofu

Pantry Items: Sugar, Salt, Pepper, Oil, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Pot with lid

## Ingredients

	2P	4P
Tofu	180 g	360 g
Teriyaki Sauce	1 sachet	2 sachets
Chilli	1 unit	2 units
Bulgur Wheat	120 g	240 g
Apple Cider Vinegar	2 sachets	4 sachets
Sesame Seeds	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Cucumber	2 units	4 units
Radish	125 g	250 g
Tofu	360 g	720 g

## Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	491 kJ/ 117 kcal	512 KJ/ 122 kcal
Fat (g)	3.4 g	4.3 g
Sat. Fat (g)	0.7 g	0.8 g
Carbohydrate (g)	16.7 g	14.1 g
Sugars (g)	4.2 g	3.6 g
Protein (g)	5.9 g	7.4 g
Salt (g)	1.2 g	1 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels. Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs

## Contact

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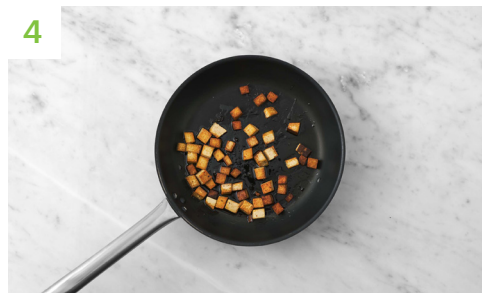


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### Pickle the Radish

- Trim and thinly slice the **radish**.
- Pop into a small bowl along with 1 tsp **sugar** (per 2P), ¼ tsp **salt** (per 2P) and **half** the **apple cider vinegar**.
- Mix together and set aside, continuing to stir frequently.



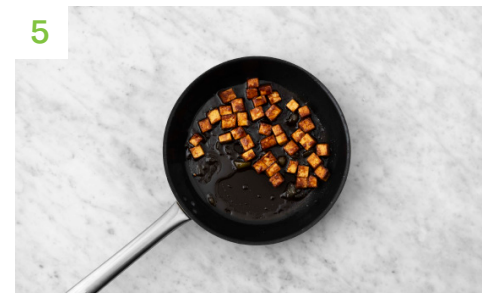
### Cook the Tofu

- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Place a pan over high heat with a good glug of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 6-8 mins. Shift frequently to ensure it doesn't burn.



### Smash the Cucumber

- Trim the **cucumber** then halve lengthways. Bash each **half** with the bottom of a pot or pan. Thinly slice widthways.
- In a separate bowl, toss the smashed **cucumber** with the **soy sauce**, remaining **apple cider vinegar** and 1 tsp **sugar** (per 2P).
- Set aside, continuing to stir occasionally.



### Add the Teriyaki

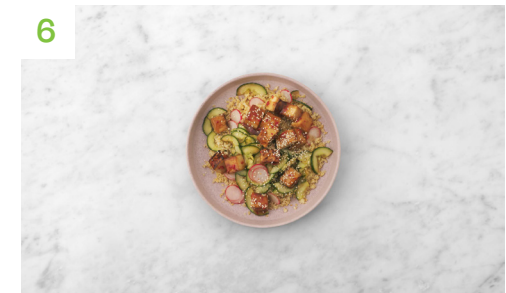
- Remove the pan from the heat and drain off any excess **oil**.
- Stir in the **teriyaki sauce**, **half** the **sesame seeds** and **chilli** (use less if you don't like spice).
- Add a splash of **water** to loosen the sauce if you feel it's too thick. Taste and season with **salt** and **pepper**, if required.



### Boil the Bulgur

- Place a pot over medium-high heat with a drizzle of **oil**.
- Add the **lemongrass paste** and cook until fragrant, 30 secs.
- Pour in 240ml **salted water** (per 2P) and bring to the boil.
- Stir in the **bulgur**, bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat. Leave aside for 12-15 mins (or until ready to serve).

**TIP:** If you're in a hurry you can boil the water in your kettle.



### Assemble and Serve

- Fluff up the **bulgur** with a fork and divide between bowls.
- Drain the pickling liquids from the **radish** and **cucumber**.
- Arrange the teriyaki **tofu**, **cucumber** and **radish** on top of the **bulgur**.
- Finish with a sprinkling of the remaining **sesame seeds**.

Enjoy !