



Sweet and Sour Tofu with cashews and coriander

20 – 25 mins • Veggie

19



Jasmine Rice



Ketjap Manis



Red Wine Vinegar



Bell Pepper



Onion



Coriander



Cashew Nuts



Tomato Paste



Tofu



Soy Sauce



Peas



Tofu

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



Rate your recipe!

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
Jasmine Rice	150 g	300 g
Ketjap Manis	2 sachets	4 sachets
Red Wine Vinegar	1 sachet	2 sachets
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Coriander	5 g	10 g
Cashew Nuts	20 g	40 g
Tomato Paste	1 tin	2 tins
Tofu	180 g	360 g
Soy Sauce	1 sachet	2 sachets
Peas	120 g	240 g
Tofu	360 g	720 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	586 kJ/ 140 kcal	590 kJ/ 141 kcal
Fat (g)	3.1 g	4 g
Sat. Fat (g)	0.8 g	0.8 g
Carbohydrate (g)	21.6 g	18.4 g
Sugars (g)	6.5 g	5.5 g
Protein (g)	6.4 g	7.8 g
Salt (g)	0.6 g	0.5 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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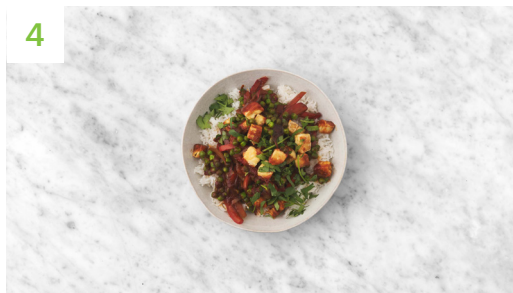


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Get Prepped

- Pour 300ml **salted water** (per 2P) into a pot for the **rice**.
- Stir in the **rice** and bring to the boil. Lower heat to medium, cover and cook for 12 mins.
- Remove from the heat. Keep covered for 12 mins or until ready to serve.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve, peel and thinly slice the **onion**. Roughly chop the **coriander** (stalks and all).



Finish and Serve

- Serve the the **rice** in deep bowls.
- Top with the sweet and sour **tofu**.
- Garnish with **cashews** and chopped **coriander**.

Enjoy!



Fry the Tofu

- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper. In a bowl, toss the **tofu** cubes with the **soy sauce**.
- Place a pan over high heat with a good glug of **oil**.
- Once hot, fry the **tofu** until slightly crispy, shifting frequently to ensure it doesn't burn, 6-8 mins.
- Season with **salt** and **pepper**.
- Remove from the pan and set aside.



Simmer the Sauce

- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **onion** and **bell pepper** until softened, stirring occasionally, 4-5 mins.
- Stir in **ketjap manis**, **vinegar**, **tomato paste** and 100ml **water** (per 2P).
- Simmer until sauce has thickened, 3-5 mins.
- Add the **peas**, **tofu** and 2 tsp **sugar** (per 2P). Season to taste with **salt** and **pepper**. Cook until everything is warmed through, 1 min.

TIP: Add a splash of water if you feel the sauce is too thick.