



## Ingredients & Preparation

- **Tofu** – Use ½ the block cut into 1” slices (6 slices)
- **Onion** –peeled & sliced thickly
- **Pepper** –deseeded & sliced thickly
- **Mangetout**
- **Garlic** – finely sliced
- **Basmati Rice**
- **Desiccated Coconut**
- **Spice Mix:** General TSO Tofu
- **Hoisin Sauce**



## Cooking Instructions

Required: Oil for shallow frying

1. Cook the **basmati rice** in a pan, covering the rice with 2-inches of boiling water and simmer for 12 minutes or until cooked then drain & stir in the **desiccated coconut**.
2. To make the crispy tofu; add the **cornflour** to a bowl, & lightly coat the **tofu** slices in the flour. Next, take a small frying pan (or wok) and add enough oil to shallow-fry the tofu pieces. Heat the oil & carefully add the tofu. Shallow-fry the tofu for 3 mins on each side, then place the fried tofu in a bowl lined with kitchen paper to remove excess oil.
3. Add 1-tbsp of oil to a clean frying pan and heat on high. Add the **onions, pepper, mangetout** and stir fry for 3 minutes, next add in the **garlic** and stir fry for a further minute.
4. Using the (now empty) frying pan, pour in the General TSO sauce and heat until the sauce bubbles & thickens. Place the tofu into the sauce & stir so the tofu is well coated & heat through.
5. Now portion out the rice into the serving bowls & add the tofu & vegetables.



## Nutritional Information

### Nutrition information typical values

| Nutrient:          | per 100g        | per serving (387g) |
|--------------------|-----------------|--------------------|
| Energy             | 687kJ / 163kcal | 2661kJ / 632kcal   |
| Fat                | 4.1g            | 16g                |
| of which saturates | 1.9g            | 7.5g               |
| Carbohydrate       | 25g             | 99g                |
| of which sugars    | 6g              | 23g                |
| Protein            | 4.9g            | 19g                |
| Salt               | 0.71g           | 2.7g               |

### General TSO Tofu

#### DIETARY & ALLERGEN INFORMATION:

**CONTAINS** Wheat, Sesame, Soya  
**MAY CONTAIN** Tree nuts, Peanuts, Sulphites

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information  
Scan Here

