

SZECHUAN MAPO TOFU RICE BOWL

WITH JASMINE RICE, FRIED VEGETABLES,
& TOASTED SESAME SEEDS

3



YUM JAR

ALL TASTE
ZERO WASTE

METHOD

1. Rinse and drain the rice. Add to a small pot with 2x as much cold water and a pinch of salt. At a medium heat with a lid on the pot, bring to a simmer. Then, reduce the heat to low and simmer for 10-15 minutes or until the water is absorbed and the rice is fully cooked. Turn off the heat and leave the lid on until ready to serve.

2. Meanwhile, wash the vegetables and pat dry. Pick Bok Choy leaves and slice into smaller bite sized pieces. Slice Green Capsicum through the stalk and remove the stalk and seeds. Slice into thin strips about 3 cm long. Thinly slice Spring Onions and set aside the green parts for garnish.

3. Tip the jar Mapo Tofu into a medium-sized pot. Set to a low-medium heat and bring to a simmer, stirring occasionally. Simmer for 2-3 minutes then turn off the heat and set aside with a lid. Taste and season with salt and pepper, and additionally, if desired, chili flakes.

4. Lastly, drizzle some oil into a frying pan and set to

a high heat. When the oil is hot, add the chopped vegetables and fry, stirring occasionally, for just 1-2 minutes, or until vibrant in colour and starting to brown at the edges. Season with salt and pepper, or soy sauce/tamari if desired.

5. Serve the Mapo Tofu in dinner bowls on the fluffy jasmine rice, topped with the fried vegetables, fresh green spring onions, and some freshly cut and rinsed micro herbs.

INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

3/8 Cup Jasmine Rice
1/2 Bok Choy
1/4 Green Capsicum
1/2 Spring Onion
1 Cup Mapo Tofu with 1/2 tsp of Toasted Sesame Seeds

EXTRAS

(not supplied)

Salt, pepper, sesame/vegetable oil. Optional: soy sauce/tamari.
Optional: dried chili flakes.

JAR INGREDIENTS

Szechuan Mapo-Tofu: sesame oil, onion, garlic, ginger, red chili, red capsicum, mixed spices, tomato paste, red wine vinegar, gluten free soy sauce, house-made vegetable stock, nutritional yeast, textured vegetable protein (soy), cornstarch, lime juice, garlic chives, Tonzu tofu (certified organic activated whole soybeans, filtered water, natural coagulant pure nigari), sesame seeds.

ALLERGENS

Sesame, soy.