

# CHIPOTLE TOFU BURRITO BOWLS (MILD SPICE)

WITH TORTILLAS, BLACK BEANS, & LIME-CORIANDER COCO SOUR CREAM

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## METHOD

1. Preheat the oven to 180° Celsius and lightly grease an oven tray.
2. Wash the vegetables well and pat dry. Pick lettuce leaves and chop across the stem into strips about 1 cm wide. Dice the Tomato. Carefully slice Avocado in half and remove the stone. Slice a grid into the flesh and scoop out with a spoon. Thinly slice the Spring Onion. Mix the vegetables together to form a salad and set aside or in the fridge.
3. Heat a frying pan, with a drizzle of oil, to a medium-high heat. Tip the jar of Tofu in Chipotle Marinade into a small bowl. Using tongs, take the pieces of Tofu and place them in the pan. Fry for 4-5 minutes, turning the pieces over only when they become unstuck from the pan. Continue frying until all the pieces are relatively well fried on most sides. Transfer to the oven tray. Put in the oven for 5-10 minutes. Turn off the oven, keeping the tray in to keep warm, until ready to serve.

4. Drain and add the Black Beans to the bowl of Chipotle Marinade. Pour into a small pot and bring to a simmer at a medium heat. Once it has simmered for 4-5 minutes, remove from the heat and put a lid on to keep warm.

5. Rinse your frying pan\* and set to a medium-high heat. Optionally, chop the Tortillas into wedge shapes (quarters, sixths or eighths). Fry the tortillas/wedges for 10-15 seconds on each side, or until they are as crispy as you like them.

\*If you wish, you can add a small amount of oil to fry the tortillas.

6. To serve, Put the Tofu and Black Beans into one side of each serving bowl, and the salad and tortilla chips on the other. Drizzle over the Lime-Coriander Coco Sour Cream to finish.

Optionally, grate some of your preferred cheese on top of your beans and tofu.

## INGREDIENTS

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

- 1/4 Baby Cos Lettuce
- 1/4 Tomato
- 1/4 Avocado
- 1/2 Spring Onion
- 60g Tofu in Chipotle Marinade
- 3/8 Cup Black Beans in water
- 3 Tortillas
- 1/6 Cup Lime-Coriander Coco Sour Cream

## EXTRAS

(not supplied)

Salt, pepper, olive/vegetable oil.  
Optional: your preferred cheese.

## JAR INGREDIENTS

Hands Down Corn Tortillas: corn, lime, salt.  
Chipotle Tofu: Tonzu Tofu (certified organic activated whole soybeans, filtered water, natural coagulant pure nigari), olive oil, chili, garlic, onion, carrot, red capsicum, mixed spices, gluten free soy sauce, apple cider vinegar, cornstarch, house-made vegetable stock, mixed spices, nutritional yeast, salt, lemon juice.  
Lime-Coriander Coco Sour Cream: Raglan Greek Style Coconut Yoghurt, apple cider vinegar, salt, fresh coriander, lime juice, lime zest.

## ALLERGENS

Soy.