

## **TOFU KATSU WITH RICE**

**SERVES 2 OR 4** 

IIME: 50 MIN
ALORIES: 1090/SERVING



The best way to eat tofu! This crispy tofu katsu is served over sushi rice with a side of crunchy carrots and a tangy sauce to dip everything into.

## WHAT YOU'LL NEED

- Small pot
- Large pan
- Medium bowl

- Oil
- Salt



#### WHAT'S INSIDE 2 servings 4 servings 1 cup 2 cups Sushi rice 300 g 600 g Tofu 1 cup 2 cups Panko 4 Carrots 4 Green onions 1/2 tbsp 1 tbsp Sesame seeds 2/3 cup 1 1/3 cups Dry mix 1/2 cup 1 cup Katsu sauce

# **Nutrition Facts Valeur nutritive**

Per (554 g) Pour 1 (554 g)

Four 1 (554 g)	
Calories 1090 % Daily % valeur quoti	y Value* idienne*
Fat / Lipides 38 g	51 %
Saturated / saturés 27 g + Trans / trans 0 g	135 %
Carbohydrate / Glucides 154 g	
Fibre / Fibres 10 g	36 %
Sugars / Sucres 24 g	24 %
Protein / Protéines 33 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 3090 mg	134 %
Potassium 550 mg	12 %
Calcium 250 mg	19 %
Iron / Fer 5.5 mg	31 %
*5% or less is a little 15% or more is a lot	

### **OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!**



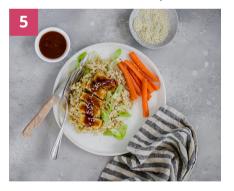
Rinse **rice** until water runs clear. In a small pot, combine **rice** and 1.25 cups of **water** (2.5 cups for 4 servings) and let soak for at least 15 mins. Season with salt, cover and bring to a boil over medium heat. Reduce heat to low and cook covered for 12-14 mins. Let stand for 10 mins.



Heat a large pan over medium heat with 3-4 tbsp of **oil**. Once hot, fry the **tofu slabs** until golden and crispy, about 4-5 minutes per side. For 4 servings, add more **oil** and reheat pan between rounds of frying tofu.



Prep ingredients: peel and cut carrots into sticks and slice green onions. Press tofu: wrap tofu in a clean tea towel then put on a large plate and press with something heavy, like cans or jars. Use a second plate on top of tofu to balance cans/jars. Press for 15 mins or until ready to cook.



Divide the **rice** between plates and top with the **tofu katsu** and **carrot sticks**. Garnish with **green onions** and **sesame seeds**. Pour most of the **sauce** on top of the **tofu**, leaving some on the side for dipping.



Put **dry mix** and 1/2 cup of **water** (1 cup for 4 servings) into a medium bowl and whisk until smooth and thick. On a separate plate, season **panko** with **salt & pepper**. Cut the **pressed tofu** into 1/2 inch slabs. Coat each slab of **tofu** in the **batter** and then dredge in the **panko** until each slab is fully breaded.

\*5% ou moins c'est peu 15% ou plus c'est beaucoup