



# TOFU KATSU WITH RICE

SERVES 2 OR 4

TIME: 50 MIN

CALORIES: 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

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

**Nutrition Facts**  
**Valeur nutritive**

Per (554 g)	
Pour 1 (554 g)	
<b>Calories 1090</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 38 g</b>	<b>51 %</b>
Saturated / saturés 27 g	135 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 154 g</b>	
Fibre / Fibres 10 g	36 %
Sugars / Sucres 24 g	24 %
<b>Protein / Protéines 33 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium 3090 mg</b>	<b>134 %</b>
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	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

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



1 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.



2 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.



3 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.



4 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.



5 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.