



# KOREAN STYLE TOFU WITH TOMATO RICE, BOK CHOY, AND PICKLED CARROTS

FAST. EASY. FRESH.

**1.** Start by making your rice. Heat 2 Tbsp. **olive oil** in a medium pot over medium-high heat. Add the **tomato paste** and cook for 1-2 minutes. Add the **rice** and mix well. Add 3 cups **water** and bring to a boil. Reduce the heat to low, cover, and simmer for 10-12 minutes. Add **salt** and **pepper** to taste.

**2.** Meanwhile, prep your ingredients. Cut the **cucumbers** into half-moon slices. Peel the **carrots** and then grate, or cut into thin matchsticks. Cut the ends off **bok choy** and give them a rough chop lengthwise. Cut the **tofu** into bite-sized pieces.

**3.** Place the **carrot** into a small bowl. To a small pot add 1 cup **water**, 8 Tbsp. **apple cider vinegar**, half the **sugar**, and a pinch of **salt**. Bring to a boil. Once boiling, pour the mixture over the carrots and let soak. Make your sauce. In a small bowl, mix the **soy sauce**, **gochujang**, **honey**, **ginger**, remaining **sugar** and **vinegar**, and ½ cup **water**.

**4.** Heat 2 Tbsp. **olive oil** in a large pan over medium-high heat. Add the **bok choy** and cook for 3-4 minutes. Season with **salt** and **pepper** to taste then remove from the pan, and set aside.

**4.** To the same pan, add the **tofu** and cook for 4-5 minutes, until slightly browned. Season with **salt** and **pepper** to taste then add your prepared **sauce** and cook for 2-3 minutes longer.

**4.** To serve, spoon the **rice** into dishes and layer with the **tofu**, **vegetables**, and **bok choy**. Garnish with roughly torn **cilantro** and **sesame seeds**. Enjoy!



## Ingredients (4 Person Serving – 644 Calories Per Serving)

Extra-Firm Tofu	700 g	Soy Sauce	60 ml
Basmati Rice	1 ½ Cups	Ginger	30 g
Tomato Paste	60 ml	Honey	120 g
Shanghai Bok Choy	4 Heads	Sugar	4 Tbsp.
Mini Cucumbers	2	Apple Cider Vinegar	10 Tbsp.
Carrots	4 Small	Sesame Seeds	2 Tbsp.
Cilantro	Small Bunch	Gochujang Paste	40 ml
Olive Oil	4 Tbsp.	Salt and Pepper	To Taste

**35** Minute Cook Time!