



Tofu Nasi Goreng

with pak choi and bell pepper

Veggie Calorie Smart 30-35 mins

14



Scallion



Tofu



Jasmine Rice



Ketjap Manis



Thai Style Spice Mix



Passata



Pak Choi



Bell Pepper



Onion



Chilli



Lime

Pantry Items: Egg (Optional), Water, Salt, Pepper, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, sieve

Ingredients

	2P	4P
Scallion	2 units	4 units
Tofu	280 g	560 g
Jasmine Rice	150 g	300 g
Ketjap Manis	1 sachet	2 sachets
Thai Style Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Pak Choi	1 unit	2 units
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Chilli	1 unit	2 units
Lime	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	604.5 g	100 g
Energy (kJ/kcal)	2426.7 kJ/ 580 kcal	401.4 kJ/ 95.9 kcal
Fat (g)	11.8 g	2 g
Sat. Fat (g)	1.9 g	0.3 g
Carbohydrate (g)	92.3 g	15.3 g
Sugars (g)	19.8 g	3.3 g
Protein (g)	28.2 g	4.7 g
Salt (g)	1.7 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Make the Rice

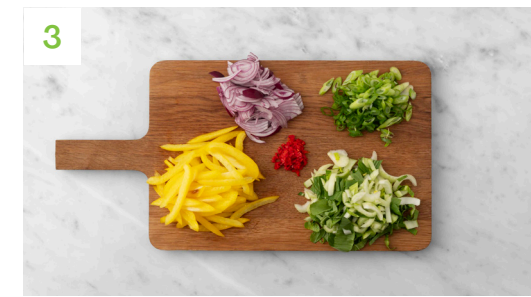
- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 12-15 mins.
- Drain in a sieve and rinse with cold **water** until cooled then set aside.

TIP: *If you're in a hurry you can boil the water in your kettle.*



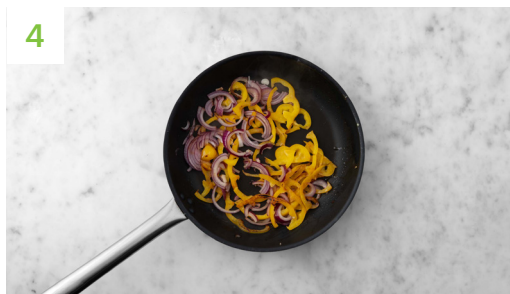
Fry the Tofu

- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 7-10 mins.
- Turn frequently to ensure it doesn't burn.
- Remove from the pan, season with **salt** and **pepper** and cover to keep warm.



Get Prepped

- Meanwhile, trim and thinly slice the **scallion**.
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve, peel and thinly slice the **onion**.
- Halve the **chilli** lengthways and discard the core and seeds. Finely chop.
- Trim the **pak choi**, then thinly slice widthways.



Start the Sauce

- Return the pan to high heat with a drizzle of **oil**.
- Fry the **onion** and **bell pepper** until charred, 4-6 mins. Add the **Thai spice mix** and fry for 1 min more.
- Stir in the **ketjap manis** and **passata**. Simmer for 2-3 mins.
- Add the drained **rice**, **tofu**, **pak choi**, **chilli** (use less if you don't like spice) and **half** the **scallion** to the pan. Stir-fry for 2-3 mins. Season to taste with **salt** and **pepper**.

- Remove from the heat and keep covered.



Cook the Optional Egg

- Place another pan over medium-high heat with a drizzle of **oil**.
- Once hot, crack in your **egg** (1 per person) and cook for 4-5 mins, or until the **egg** white is cooked and the yolk is the firmness you desire. Lower the heat as needed.
- Cut the **lime** into quarters.



Garnish and Serve

- Divide the nasi goreng between bowls.
- Serve topped with the remaining **scallion** and, optionally, your fried **egg**.
- Finish with a squeeze of **lime** juice.

Enjoy!