



# Spicy Tofu Bibimbap

with mushrooms and pickled carrot

Veggie Calorie Smart 25 – 30 mins • Extra spicy

14



Tofu



Jasmine Rice



Kale



Soy Sauce



Garlic



Carrot



Sesame Oil



Gochujang Paste



Ginger



Mushrooms



Apple Cider Vinegar

Pantry Items: Water, Salt, Oil, Sugar, Pepper



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## 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

Grater, peeler, pot with lid

## Ingredients

	2P	4P
Tofu	280 g	560 g
Jasmine Rice	150 g	300 g
Kale	80 g	160 g
Soy Sauce	1 sachet	2 sachets
Garlic	1 unit	2 units
Carrot	1 unit	2 units
Sesame Oil	20 ml	40 ml
Gochujang Paste	1 sachet	2 sachets
Ginger	1 unit	2 units
Mushrooms	150 g	250 g
Apple Cider Vinegar	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	460 g	100 g
Energy (kJ/kcal)	2581.5 kJ/ 617 kcal	561.2 kJ/ 134.1 kcal
Fat (g)	21.8 g	4.7 g
Sat. Fat (g)	3.5 g	0.8 g
Carbohydrate (g)	79.8 g	17.3 g
Sugars (g)	7.9 g	1.7 g
Protein (g)	29 g	6.3 g
Salt (g)	2.2 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

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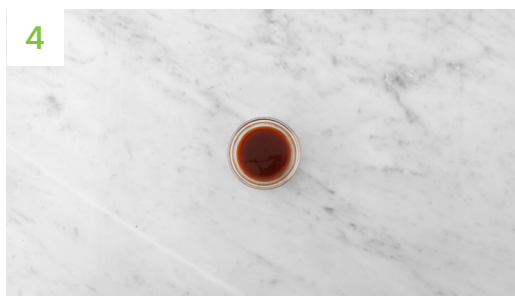


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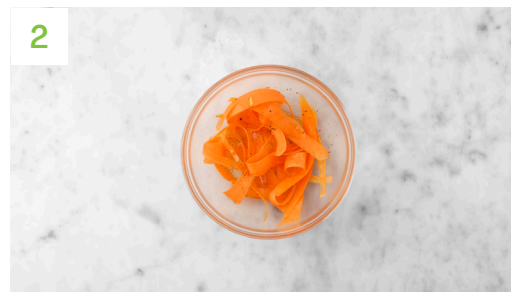
### Cook the Rice

1. Peel and grate the **ginger**. Use a spoon to easily scrape away the peel.
2. Place a pot over medium-high heat with a drizzle of **oil**.
3. Fry the **ginger** for 1 min.
4. Stir in the **rice** and 300ml cold **salted water** (double for 4p). Bring to the boil, lower the heat to medium and cover with the lid.
5. Cook for 12 mins, then remove the pot from the heat. Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



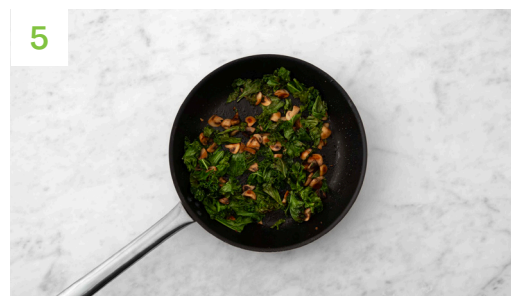
### Make the Sauce

1. Peel and grate the **garlic** (or use a garlic press).
2. Strip the leafy part of the **kale** from the stem and tear into small pieces. Discard the stem (it's too tough to eat).
3. Roughly chop the **mushrooms**.
4. In a small bowl, mix the **sesame oil**, **gochujang** (use less if you don't like spice) and remaining **soy sauce**.



### Pickle the Carrot

1. Meanwhile, trim and peel the **carrot**.
2. Make long ribbons by running the peeler down the length of the **carrot**, stopping at the core.
3. In a small bowl, combine the **apple cider vinegar**, ½ tsp **salt**, 1 tsp **sugar** and 1 tbsp warm **water** (double all for 4p).
4. Once mixed, add the **carrot** ribbons.
5. Set aside, continuing to mix at regular intervals.



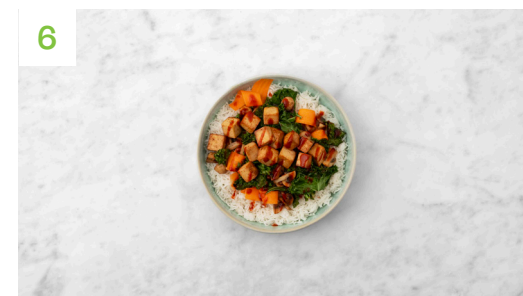
### Soften the Veg

1. Return the pan to medium-high heat with a drizzle of **oil**.
2. Fry the **kale**, **mushrooms** and **garlic** until softened, stirring occasionally, 4-5 mins.
3. Season to taste with **salt** and **pepper**.



### Fry the Tofu

1. Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
2. Toss the **tofu** chunks with **half the soy sauce**.
3. Place a pan over high heat with a good glug of **oil**.
4. Once hot, fry the **tofu** until slightly crispy, 6-8 mins. Shift frequently to ensure it doesn't burn.
5. Once cooked, remove from the pan and cover to keep warm.



### Finish and Serve

1. Fluff up the **ginger rice** with a fork and divide between bowls.
2. Layer the pickled **carrot**, fried veg and **tofu** on top.
3. Finish with a drizzle of the spicy **sesame sauce**.

Enjoy!