

DINNERLY



Low-Cal Saucy Tofu Rice Bowls with Edamame, Cucumber and Coriander



30 minutes



2 Servings

Think eating light means eating boring? Not in our book! Our low-cal recipes have all the punchy flavour and excitement you'd expect from us, with less than 599 calories per serve.

WHAT WE SEND

- 125g brown rice
- 1 Lebanese cucumber
- 2 garlic cloves
- coriander
- 200g plain tofu ²
- 70g stir-fry sauce ^{1,2}
- 150g edamame beans ²

WHAT YOU NEED

- 2 tsp white vinegar
- 1 tsp sugar
- 2 tsp vegetable oil

TOOLS

- medium saucepan
- small saucepan
- medium frypan

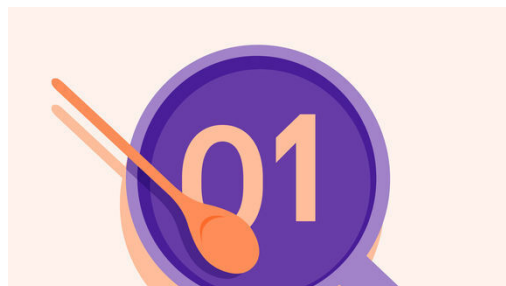
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sesame (1), Soy (2). May contain traces of other allergens.

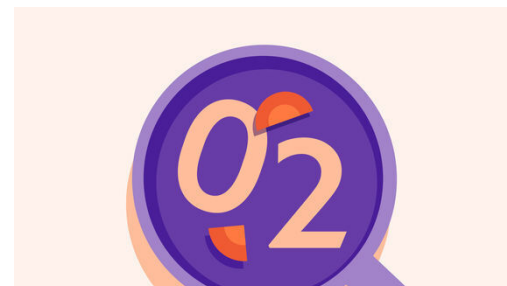
NUTRITION PER SERVING

Energy 560kcal, Fat 18.7g, Carbs 66.5g, Protein 28.9g



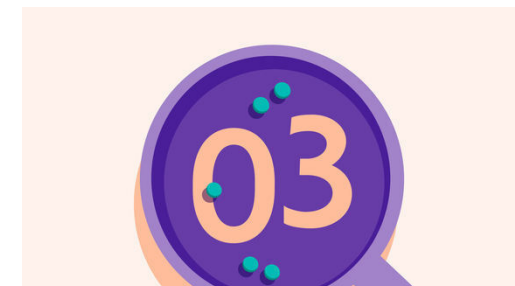
1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25-27 mins until tender. Drain.



2. Prep ingredients

Meanwhile, bring a small saucepan of water to the boil for the edamame. Thinly slice the **cucumber**. Crush or finely chop **2 garlic cloves**. Pick the **coriander** leaves and finely chop the stems. Cut the **tofu** into 2cm cubes. Combine **2 tsp white vinegar** and **1 tsp sugar** in a large bowl. Add the cucumber and toss to combine. Set aside to pickle, tossing occasionally, until needed.



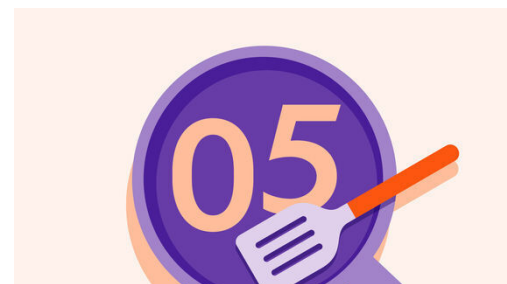
3. Warm tofu

Heat **2 tsp vegetable oil** in a medium frypan over medium heat. Cook the **tofu** for 2 mins each side or until golden and warmed through. Add the **garlic** and **coriander stems** and cook, stirring, for 30 secs. Add the **stir-fry sauce** and **2 tbs water** and cook, stirring, for 1-2 mins until slightly reduced. Remove the pan from the heat.



4. Cook edamame

While the tofu is cooking, add the **edamame** to the pan of boiling water, return to the boil and cook for 2 mins. Drain. Add the edamame to the **rice** and stir to combine.



5. Serve up

Drain the **cucumber**, reserving the pickling liquid. Divide the **rice and edamame, saucy tofu** and **pickled cucumber** among bowls. Drizzle with the **reserved pickling liquid** and scatter with the **coriander leaves**. Enjoy!



6. Did you know?

Edamame are young, green soybeans (unlike the hard, mature soybeans that are used to make soy milk and tofu) that are popular in Japanese cuisine. They're often served in their pods as a tasty snack or can be hulled and added to a wide range of dishes.