

U C O O K

— COOKING MADE EASY

BALTI-CURRIED TOFU

with black rice, toasted coconut & coriander and chilli pesto

Marinate tofu chunks in Balti curry paste, fry until varnished in a layer of golden crispiness, and you're in for a texture and taste revelation. Add to this marvel with tender black rice, tandoori-spiced veg, and a coconut yoghurt and pesto dressing.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 **Vegetarian**

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Ingredients & Prep

100ml	Black Rice
5ml	Vegetable Stock
7.5ml	Spice and All Things Nice Balti Curry Paste
110g	Tofu <i>drained & cut into thick slabs</i>
150g	Broccoli Florets <i>cut into bite-size pieces</i>
1	Red Onion <i>one half peeled & cut into wedges</i>
10ml	NOMU Tandoori Rub
50ml	Coconut Yoghurt
15ml	Pesto Princess Coriander & Chilli Pesto
15g	Toasted Coconut Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)

1. BLACK RICE Preheat the oven to 200°C. Rinse the rice and place in a pot. Add in the stock, submerge in 300ml of salted water, and place over a medium heat. Pop on a lid and bring to the boil. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. On completion, the rice should be cooked but bouncy. If it starts to dry out during the cooking process, add a little more water to continue. Remove from the heat on completion and drain if necessary. Replace the lid and set aside until serving.

2. MARINATE THE TOFU Place the Balti curry paste, a pinch of salt, and 2 tsp of olive oil in a shallow dish. Mix until it forms a smooth paste. Place the slabs of tofu in the dish, toss to coat, and set aside to marinate until frying.

3. CHAR THE VEGGIES When the rice reaches the halfway mark, spread out the broccoli pieces and onion wedges on a roasting tray. Coat in oil, some seasoning, and the Tandoori Rub to taste. Roast in the hot oven for 15-20 minutes until cooked through and lightly charred, shifting halfway.

4. WHIP UP YOUR DRESSING In a small bowl, combine the coconut yoghurt with the coriander & chilli pesto to taste. Mix in milk or water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

5. GET THAT TOFU CRISPY! When the roast veggies have about 5 minutes to go, place a pan over a medium-high heat with a drizzle of oil. When hot, fry the marinated tofu for 2-3 minutes per side until crispy and golden all over. Remove from the pan on completion.

6. CRUNCH TIME Serve up some nutty black rice and load with the charred broccoli and red onion. Top with the slices of curried tofu and generously pour over the coriander-coconut dressing. Decorate with the toasted coconut flakes and dig in, Chef!



Chef's Tip

Black rice is as richly coloured as it looks! Be careful not to stain your clothes, dishcloths, or crockery when handling it. For cooking, we advise using a stainless steel pot as it may stain pots made from other materials, such as enamel.

Nutritional Information

Per 100g

Energy	593kJ
Energy	142Kcal
Protein	4.9g
Carbs	18g
of which sugars	2.2g
Fibre	3.7g
Fat	5.1g
of which saturated	2.2g
Sodium	272mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days