



U C O O K

— COOKING MADE EASY

KA-POW TOFU & FRIED RICE

with shimeji mushrooms & That Mayo-vegan mayo

Prepare your taste buds for a knockout blow! Crispy, golden tofu, edamame beans, and brown basmati – all fried in a mouthwatering rub and jumbled with sesame seeds, pickled ginger, mayo, and indulgent, marinated shimejis.

Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Samantha Finnegan

 **Vegetarian**

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Ingredients & Prep

300ml	Brown Basmati Rice
20ml	White Sesame Seeds
250g	Shimeji Mushrooms
150ml	Ka-Pow Sauce (60ml Ong's Sesame Oil, 60ml Tamari & 30ml Rice Wine Vinegar)
80g	Pickled Ginger drained & finely diced, re- serving the liquid
60ml	That Mayo Vegan Mayo
440g	Tofu
4	Spring Onions finely sliced, reserving the green parts for serving
30ml	NOMU Oriental Rub
200g	Edamame Beans
80ml	Ong's Sweet Chilli Sauce

From Your Kitchen

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

1. READY YOUR RICE Rinse the rice and place in a pot. Submerge in 700ml of salted water. Pop on a lid and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

2. TOASTED SESAME SEEDS Place the sesame seeds in a large pan or wok over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan or wok on completion and set aside to cool.

3. TANGY SHIMEJIS Trim a thin slice off the base of the shimeji mushrooms and discard. Separate the mushroom stalks from one another. Return the pan or wok to a high heat with a drizzle of oil. When hot, fry the shimejis for 2-4 minutes until golden-brown, shifting occasionally. Stir in the Ka-Pow Sauce, the pickled ginger liquid, and 40ml of water. Bring to a simmer and cook for about a minute. Remove from the pan or wok on completion and place in a bowl. Cover to keep warm and set aside.

4. A LITTLE MORE PREP In a bowl, combine the vegan mayo with half of the diced pickled ginger to taste. Set aside for serving. Using a fork, roughly mash the tofu until it resembles the texture of scrambled egg. Once the rice has almost finished steaming, drain the shimejis, reserving the Ka-Pow liquid for the fried rice.

5. GET WOKKING Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the mashed tofu for 4-6 minutes until it begins to crisp and turn gold, shifting continuously. Add the Oriental Rub and the sliced spring onion whites and fry for 1-2 minutes until fragrant. Add in the cooked rice and edamame beans and toss to blend the ingredients together. Stir through the sweet chilli sauce to taste, the remaining pickled ginger, and the Ka-Pow liquid (reserved from the shimejis). Remove the pan from the heat on completion.

6. TIME TO MUNCH! Serve up some bowls of Ka-Pow tofu fried rice. Scatter with the pickled shimejis, toasted sesame seeds, and fresh, sliced spring onion greens. Serve with a hearty dollop of pickled ginger mayo. Dig in!



Chef's Tip

Get the rice going before completing any of the other prep, so it's ready in time for frying!

Nutritional Information

Per 100g

Energy	762kJ
Energy	182Kcal
Protein	6.7g
Carbs	23g
of which sugars	3.4g
Fibre	3.3g
Fat	8.1g
of which saturated	1.2g
Salt	1.2g

Allergens

Allium, Sesame, Sulphites, Soy

Cook
within
4 Days