



## Tofu & Mixed Vegetables with Black Bean Sauce & Basmati Rice

This classic Chinese dish uses fermented and salted black soy beans. Take our delicious fresh Irish Wicklow kale and use it to create your favourite Chinese dish! Paired with red pepper, red chilli and garnished with flaked almonds, this dish is super easy to make, cook it in only 30 minutes!

### Nutritional Info

Calories: 472 kcal  
 Carbohydrates: 77 g  
 Protein: 14.1 g  
 Fat: 9.4 g

### Ingredients

- Red Chilli
- Red Pepper
- Garlic
- Ginger
- Kale
- Basmati Rice
- Vegetable Stock Cube
- Black Bean Sauce
- Flaked Almonds
- Tofu

### Your Pantry

- Olive Oil

### Allergens


[Wheat \(Black Bean Sauce\)](#)  
[Soybean \(Tofu, Black Bean Sauce\)](#)  
[May Contain Sesame \(Black Bean Sauce\)](#)  
[Nuts \(Flaked Almonds\)](#)  
[Celery \(Stock Cube - may also contain traces of Egg, Soya & Mustard\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Cook the rice

Rinse the basmati rice under cold water then add it to a saucepan of 240 ml of water per person with the stock cube for 10-15 minutes until cooked.

## 2) Prepare the rest of the ingredients

While the rice is cooking, dice the chilli. Crush the garlic and the ginger. Remove the core from the red pepper and slice thinly. Dice the tofu.

## 3) Stir-fry the vegetables

Heat a pan on a medium heat, add some more oil then add the red pepper and kale. Stir-fry for 1-2 minutes. Add the tofu and fry for 3-4 minutes, then the sliced garlic, ginger and chilli and stir fry for a final 1-2 minutes.

## 4) Add in the black bean sauce

Add the black bean sauce and stir well to coat the ingredients, then simmer the mixture over a high heat for 1-2 minutes.

## 5) Plate the dish

Serve with the rice in the middle of the plate. Spoon over the stir-fry and sprinkle with flaked almonds. Enjoy!



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