



DropChef

Tofu Satay Doburi Bowl



Donburi is a Japanese "rice-bowl dish" consisting of fish, meat, vegetables or other ingredients served over rice. We have used tofu and lots of crunchy veg to give the rich and tasty satay sauce a fresh lift.

Nutritional Info

Calories: 582kcal
Carbohydrates: 78g
Protein: 23g
Fat: 8.4g

Ingredients

- Rice
- Tofu
- Satay Sauce
- Soy Sauce
- Roasted Peanuts
- Radishes
- Carrot
- Spring Onion
- Watercress

Your Pantry

- Olive oil

Allergens

[Wheat \(Soy Sauce, Satay Sauce\)](#)

[Peanuts \(Satay Sauce, Peanuts\)](#)


[Soybean \(Soy Sauce, Satay Sauce, Tofu\)](#)

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) Boil the kettle

2) Cook the rice

Add 100ml of cold/room temperature water *per person* to a saucepan with the jasmine rice. Bring to a simmer on high heat as fast as you can. Once bubbles begin to form, turn the heat down, cover with a lid/tin foil and leave for 12 minutes - do not lift the lid during cooking.

3) Prepare the tofu

Slice the tofu into 1-2cm thick slices. Lay in a bowl and marinade in half the soy sauce. Set aside while you prepare the vegetables.

4) Prepare the vegetables

Thinly slice the radishes. Peel the carrot and discard the skin, then use the peeler to peel shavings off the remaining carrot. Slice the spring onions into thin strips. Mix the satay sauce and remaining soy sauce together. Add a small splash of boiling water to loosen the sauce so that it is a pouring consistency.

5) Fry the

Heat a non-stick frying pan on medium-high heat. Drizzle a little oil on the pan (sesame would work well here, if you have it). Once hot, lay the tofu slices down and cook for 2-3 minutes on each side or until golden. Remove from the pan and set aside.

6) Make the bowl

Warm the satay sauce in the microwave or a small saucepan. Serve the jasmine rice in bowls. Lay the tofu, carrot, radishes, and spring onions alongside. Drizzle with the satay sauce mix. Garnish with the watercress and roasted peanuts.



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