



Crispy Chilli Tofu Bites with Jasmine Rice

Crispy Chilli Tofu Bites with Jasmine Rice features golden, crunchy tofu tossed in a sweet and spicy chilli glaze, served alongside fragrant, fluffy jasmine rice for a satisfying plant-based balance of heat and comfort.

Nutritional Info

Calories: 424 kcal
Carbohydrates: 57.5 g
Protein: 23 g
Fat: 12 g

Ingredients

- Tofu
- Spring onion
- Sugar snap peas
- Sriracha
- Maple syrup
- Red Bell Pepper
- Jasmine rice
- Cornflour
- Soy Sauce
- Ginger
- Garlic

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens


[Wheat \(Maple Syrup, Soy Sauce\)](#)
[Soybean\(Soy Sauce, Tofu\)](#)

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) Prepare the Vegetables

Peel and crush the garlic. De-core and cut the pepper into chunks. Cut the sugar snap peas in half. Cut the spring onions into slices. Peel and grate the ginger.

3) Prepare the Tofu and the Sauce

Chop the tofu block down into 2cm cubes (or whatever size you fancy, really). In a bowl, combine the tofu pieces with half the soy sauce, mixing well and then coat with the cornflour.

In a second bowl, combine the sriracha, maple syrup, and remaining soy sauce.

4) Cook The Rice

Add the rice to a saucepan of boiling water, and allow to cook for 10-12 minutes. While the rice cooks move on to the next step.

5) Cook The Tofu

Add a good drizzle of oil to a wok or frying pan and heat the pan to very high heat. Add the tofu (avoid tipping in the leftover cornflour) and stir-fry until the tofu is starting to go golden on the outside. Remove from the pan and set aside. Clean the pan and return to the heat with a drizzle of oil. Add the garlic, ginger, peppers, and sugar snap peas. Stir fry for a further 2-3 minutes, then return the tofu to the pan with the sauce. Stir-fry continuously for 30 seconds and then switch off the heat. The sauce should now look like a glaze over the veg and tofu.

6) Serve The Dish

Plate the rice and the stir fry and then garnish with some spring onion on top - enjoy!



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