

## Honey-glazed Tofu with Stir-fried Spinach

The blend of sweet and savory, Honey Glazed Tofu, Garlic-infused Stir-fried Water Spinach with steamed rice.

⌚ 20 Mins

Kcal 860 | P 60 g | C 123 g | F

30g

Vegetarian Family Friendly

Quick and Easy





# Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

## What you'll need

Vegetable oil, Salt, Black pepper, Measuring jug, Cooking pot, Chopping board, Knife, Frying pan.

## Ingredients (2 persons)

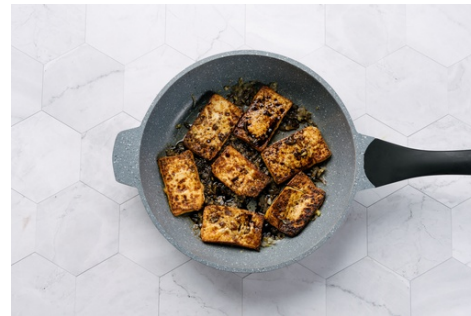
-  Jasmine Rice 180GR
-  Water for Rice 400ML
-  Carrot 160GR
-  Mirin 20GR
-  Tamari Soy Sauce 30ML
-  Toasted Sesame Oil 10ML
-  Ginger 10GR
-  Garlic 7GR
-  Banana Shallots 60GR
-  Tofu 395GR
-  Honey 10GR
-  Soy sauce 30ML
-  Water 60ML
-  Vegetable Cube 1Unit
-  Spring Onion 7GR
-  Mixed Sesame Seeds 2GR
-  Water Spinach 500GR

## Method



### Cook the Rice

Start by washing and rinsing the **rice** three times under running water. Then, in a cooking pot, bring the **salted water** to a boil. Add the **rice** and cook it uncovered for 1-3 minutes. Cover and cook on low heat for 12 minutes. When done, turn off the heat, fluff the **rice**, and stir in 3/4 of the **sesame seeds**.



### Cook the Tofu

In a non-stick frying pan over medium-high heat, add **oil** and fry the **tofu**, approximately 3-4 minutes per side, and set aside. In the same pan, sauté half of the **garlic** and **ginger** for a minute. Return the **tofu**, add **soy sauce**, **honey**, and **water** with a **vegetable cube**. Season with **pepper** and simmer for 3-5 minutes until **sauce** thickens.



### Make the Sauce

Bring a pot of water to a medium-high heat. Peel and roughly chop the **carrots** and cook until tender. Reserve some of the **cooking water**, and blend the **carrots** with **mirin**, **sesame oil**, and **tamari** until smooth, gradually add the **reserved water**.



### Cook the Spinach

In another pan, heat **oil** over medium heat, sauté the remaining **garlic** for 30 seconds, then add **water spinach**, and 3/4 of the **spring onions**. Season with **salt** and **black pepper**, tossing until **spinach** wilted.



### Prep the Ingredients

Peel and finely chop the **ginger**, **garlic**, and banana **shallot**. Cut the **spring onion** and separate the leaves of **water spinach** from the stems. Slice the **tofu** into 1cm thick pieces.



### Serve and Enjoy!

Spread the **carrot puree** on the plates first. Next, add a portion of **rice**, top with the **honey-glazed tofu**, and the stir-fried **spinach**. Finish by sprinkling the dish with the remaining **toasted sesame seeds** and **spring onions**.

Allergens Sesame Soy Wheat