



Thai vegetable stir fry with rice

Prep: 30 minutes • Cook: 10 minutes • Serves: 2



Ingredients

140g extra-firm tofu
120g brown/basmati/jasmine rice
240ml water to cook the rice
1 tablespoon reduced-salt soy sauce
2 tablespoons light brown sugar
1 tablespoon sweet chilli sauce
60ml rice vinegar
2 garlic cloves, crushed
1 large carrot, cut into ribbons with peeler
3 spring onions, halved lengthways & sliced
80g Chinese cabbage, finely sliced
3 tablespoons vegetable oil
150g beansprouts
30g unsalted roasted peanuts, roughly chopped
1 lime

- 1** Press the tofu for 30 minutes, then cut into 2cm cubes. Put the rice in a saucepan and pour over the water. Bring to a boil, then reduce the heat to a gentle simmer. Cook for 15 to 20 mins, or until rice is fully cooked and then turn off the heat. Cover with a lid and leave tightly covered for another 5 to 10 mins to absorb any remaining water.
- 2** Mix the rice vinegar, sugar, soy sauce and chilli sauce together to make the sauce. Set aside.
- 3** Heat 2 tablespoons of oil in a wok, add the tofu and stir fry for 1 to 2 minutes until it starts to brown. Transfer to a plate. Add remaining tablespoon of oil, and over a medium heat, add garlic, frying for a few seconds. Add the spring onions, beansprouts, cabbage and carrot ribbons. Stir fry for 2 minutes before adding the sauce to the pan. Sprinkle over the chopped peanuts.
- 4** Serve the prepared rice with the vegetable and tofu stir fry and a wedge of lime.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✓
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£2.23**

Carbohydrate **76g**

Energy in kcals **485**