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## Terrific Thai Tofu with Ginger Mushrooms

Mushrooms have an uncanny ability to take up all manner of flavours introduced to them, while still retaining their own unique flavour. With fresh ginger and chilli, this mushroom just comes alive! Combined with marinated Thai tofu, it's hard to pick just what our favourite part of this dish is. What is yours?

 **Prep:** 10 mins  
 **Cook:** 20 mins  
**Total:** 30 mins  
 **high protein**

 level 1  
 **vegan**

### Pantry Items



Water



Soy Sauce



Rice Vinegar



White Sugar



Vegetable Oil



Jasmine Rice



Thai Tofu



Mushrooms



Zucchini



Red Onion



Carrot



Ginger



Garlic






Long Red Chilli




Coriander

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2P	4P	Ingredients
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
2 tbs	4 tbs	salt-reduced soy sauce *
2 tbs	4 tbs	rice wine vinegar (or white wine vinegar) *
2 tsp	1 tbs	white sugar *
2 tsp	1 tbs	vegetable oil *
1 packet	2 packets	Thai tofu, cut into cubes
1 punnet	2 punnets	mushrooms, halved
1	2	zucchini, cut into batons 
½	1	red onion, finely sliced 
1	2	carrot, julienned
1 knob	2 knobs	ginger, peeled & finely grated
1 clove	2 cloves	garlic, peeled & crushed 
1	2	long red chilli, deseeded & finely chopped
1 bunch	2 bunches	coriander, leaves picked

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2440	Kj
Protein	30	g
Fat, total	14.5	g
-saturated	1.8	g
Carbohydrate	78	g
-sugars	13.8	g
Sodium	847	mg



**You will need:** *chef's knife, chopping board, garlic crusher, sieve, zester, vegetable peeler, medium saucepan, small bowl, large wok or frying pan and spatula.*

**1** Place the **Jasmine rice** and the **water** into a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

**2** In a small bowl combine the **salt-reduced soy sauce**, **rice wine vinegar** and the **white sugar**. Set aside.

**3** Heat the **vegetable oil** in a large wok or frying pan. Add the **Thai tofu** and cook, stirring, for **1-2 minutes** or until lightly golden. Remove. Add the **mushrooms**, **zucchini**, **red onion** and **carrot** and cook for **2-3 minutes** or until just tender. Add the **ginger**, **garlic** and **long red chilli** and stir fry for **1 minute** or until fragrant. Add the soy sauce mixture and stir fry to coat well. Return the tofu to the pan and stir fry until heated through. Stir through the **coriander** and remove from the heat.

**4** Divide the rice between bowls and top with the tofu stir-fry.



**Did you know?** The average person is believed to eat approximately 302 garlic cloves each year!