




CRISPY TOFU BOWL

 2 servings  Prep: 15 mins  Cook: 30 mins



INGREDIENTS

- ¾ cup brown rice, uncooked
- ½ red onion, thinly sliced
- 3 tbsp thai chili sauce
- 3 tsp olive oil
- 10 cherry tomatoes, halved
- 2 cucumber, small & cubed
- 200 grams tau kwa (1 packet)
- 1 ½ tbsp cornstarch

METHODS

1. In a rice cooker, cook the brown rice with 1 ½ rice cup of water.
2. Soak the red onion in cold water.
3. In a small bowl, mix thai chili sauce & 1 ½ tsp of olive oil.
4. In a mixing bowl, mix onions, cherry tomatoes, cucumber with ½ of the chili mixture and set aside.
5. Slice the tau kwa into ¼ inch thick.
6. Heat up 1 ½ tsp of olive oil in a pan and pan fry the tau kwa until they are golden brown on the both sides.
7. Turn off the heat. Drizzle the remaining thai chili mixture over the tau kwa.
8. Assemble the dish by scooping half of the rice in a bowl and topping it up with tau kwa and vegetables.
9. Serve hot and enjoy.



WHOLEGRAIN
WEDNESDAY



MEATLESS
MONDAY



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 486 kcal, Carbohydrate 64.5g, Protein 22.5g, Fats 13.6g, Saturated Fats 2.1g, Polyunsaturated Fats 3.0g, Monounsaturated Fats 7.6g, Cholesterol 0mg, Dietary Fibre 9.5g, Sodium 305mg, Potassium 625mg, Phosphate 498mg