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Baked Tofu with Peanut Satay Sauce and Steamed Bok Choy

We feel a bit sorry for tofu. Countless incidents of under-seasoning and bad cooking have meant that this Asian favourite has earned a pretty bad 'rep'. Everyone deserves a second chance though, and for this recipe, we've baked the tofu for extra, chewy deliciousness and teamed it up with a rich peanut satay sauce to wake up your taste buds. Check out step 6 overleaf before you start and learn how to make your own DIY steamer for the bok choy.

 30 mins

 lactose free

 veggie



Tofu (1 block)



Baby Bok Choy (1 pack)



Brown Rice (1 cup)



Peanut Butter (3 tbsp)



Soy Sauce (1½ tbsp)



Sweet Chilli Sauce (2 tbsp)



Cashew Nuts (1½ tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Tofu	1 block	Soya
Baby Bok Choy, chopped	1 pack	
Brown Rice	1 cup	
Peanut Butter	3 tbsp	Peanut
Soy Sauce	1½ tbsp	Soya, Gluten
Sweet Chilli Sauce	2 tbsp	
Cashew Nuts	1½ tbsp	Nut

🌱 Our fruit and veggies come fresh from the farm so give them a little wash before using

Did you know...

Tofu is made by curdling fresh soya milk, pressing it into a solid block and then cooling it - very similar to the way in which cheese is made by curdling and solidifying milk in fact!

Nutrition per serving: Calories: 659 kcal | Protein: 34 g | Carbs: 88 g | Fat: 22 g | Saturated Fat: 4 g



1 Boil a large pot of water with ¼ tsp of salt. Pre-heat your oven to 220 degrees. Cut the tofu into bite-sized cubes. Roughly chop the bok choy.



2 Rinse the brown rice under running water for 30 seconds. Tip the rice into the boiling water and boil for around 25 mins. **Tip:** *The rice will be ready once soft enough to eat, yet retaining some chewiness.* When cooked drain the rice thoroughly, put back in the pot and place a tea towel over it.



3 Lay the cubed tofu on some kitchen towel that will soak up as much moisture as possible.



4 In a small bowl, mix together the peanut butter, soy sauce and sweet chilli sauce. **Tip:** *To loosen up the sauce, add 2 tbsp of milk if you have it or a little dash of hot water if not.*

5 Once the oven is hot, gently toss the tofu in 2 tsp of olive oil and place on a baking tray. Cook on the top shelf of the oven until crispy on all sides. **Tip:** *The tofu should be ready in about 25 mins - turn it every 10 mins.*

6 Just before the rice is cooked, place a colander over the pot of boiling rice and steam the bok choy (with a lid or a plate on top) for 3 mins, then remove.

7 Once the tofu is cooked, add the steamed bok choy and satay sauce to the tofu on the baking tray. Gently fold all the ingredients together.

8 Serve with a side of your perfectly cooked delicious brown rice and sprinkle some cashews on top.