

CRISPY SWEET CHILLI TOFU & SPECIAL FRIED RICE

PLANT-BASED & LOW FODMAP

INGREDIENTS

250g firm tofu, cubed
2 tbsp rice wine vinegar
1 tbsp light brown sugar
1 small red chilli
Pinch of cornflour and 1 tbsp of water mixed
100g brown rice
1 egg beaten
1 tbsp garlic infused oil + 1tsp for drizzling on tofu
1 tsp sesame oil
2 tbsp ketchup manis
1 handful picked kale
225g tin bamboo shoots
8 radishes
Coriander, mint leaves and lime wedge to serve

SERVINGS
2

PREP: 5-10 MIN
COOK: 30 MIN

NUTRITION PER SERVING

Energy: 557kcal (28% RI)
Fat: 19g(27% RI)
of which saturated: 3.2g (16% RI)
Carbohydrate: 57g (22% RI)
of which sugars: 17g (19% RI)
Fibre: 8.5g (28% RI)
Protein: 31g (62% RI)
Salt: 0.95g (16% RI)
Calcium: 952mg (119% NRV)
Iron: 5.9mg (42% NRV)

METHOD

1. Cook the brown rice according to packet instructions, strain onto a tray and allow to cool
2. While rice is cooking, bake the cubed tofu at 180°C with a drizzle of the garlic infused oil until golden (15-20mins)
3. Make sweet chilli sauce: Simmer rice wine vinegar, sugar, chopped chilli until the sugar is dissolved and then whisk in the cornflour and water solution. Toss cooked tofu in the sauce and keep warm
4. Fry the cooked rice in the remaining oil with kale, quartered radishes, bamboo shoots
5. Move the rice to one side of the pan and scramble the eggs
6. Add the sesame oil and ketchup manis to the rice
7. Serve the rice in a bowl and top with the sweet chilli tofu, herbs and lime wedge

Source of vitamin C

Low saturated fat

Source of fibre

High in protein



TEMPEH GOODNESS BOWL

PLANT-BASED & LOW FODMAP

INGREDIENTS

250g tempeh
10 florets broccoli
100g bean shoots
1 medium carrot
150g edamame beans
150g quinoa
Juice of half a lime
1 tbsp pickled ginger

Marinade

2 tbsp garlic infused olive oil
1 tbsp chopped fresh coriander
2.5 tbsp reduced salt soy sauce
1 tbsp tahini
1tsp light brown sugar
1 tsp sesame seeds

SERVINGS
3

PREP: 5-10 MIN
COOK: 20 MIN

NUTRITION PER SERVING

Energy: 586kcal (29% RI)
Fat: 26g(37% RI)
of which saturated: 2.7g (14% RI)
Carbohydrate: 44g (17% RI)
of which sugars: 9.6g (11% RI)
Fibre: 17g (57% RI)
Protein: 34g (68% RI)
Salt: 1.8g (30% RI)
Calcium: 260mg (32% NRV)
Iron: 9.8mg (70% NRV)

METHOD

1. Combine marinade ingredients
2. Cube tempeh and mix with half the marinade. Place on a baking tray with the broccoli and bake for 10-15 minutes at 180°C, until golden
3. Rinse and gently boil the quinoa in plenty of water until cooked but still has a little crunch (about 15mins). Add the rest of the marinade, edamame beans and most of the coriander
4. Thinly slice the carrots, mix with the bean shoots and lime juice and a pinch of the coriander
5. Place quinoa into a bowl and arrange tempeh, broccoli and bean shoots salad on top
6. Sprinkle with more fresh coriander, sesame seeds and pickled ginger

Source of iron

Low saturated fat

Source of fibre

High in protein

