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your health and wellbeing

# RECIPES

## VEGGIE RICE BOWL

**5 MINS TO PREPARE AND 10 MINS TO COOK**

**SERVES 4**

### INGREDIENTS

1 tbsp vegetable oil  
120g pack Tenderstem broccoli tips, halved lengthways  
1 red pepper, seeded and cut into chunks  
160g pack marinated tofu pieces  
2 x 250g pouches microwave rice  
200g frozen peas  
1 tbsp sesame seeds  
3 spring onions, chopped  
1 red chilli, seeded and finely chopped  
1 garlic clove, crushed  
2.5cm piece fresh ginger, grated  
3 tbsp soy sauce, 2 tbsp sweet chilli sauce  
1 tbsp rice wine vinegar

### METHOD

1. Heat the oil in a wok. Add the broccoli and pepper and stir-fry, over a high heat, for 3 mins. Add the tofu and cook for 1-2 mins, until crisp.
  2. Tip in the rice and stir-fry for 4 mins, breaking up the grains as they warm. Stir through the peas and cook for a further 2-3 mins.
  3. Meanwhile, make the sauce. Mix the chilli, garlic, ginger, tamari, sweet chilli sauce and vinegar in a bowl. Pour it over the rice mixture and toss until coated and warmed through. To serve, spoon into bowls and scatter over the sesame seeds and spring onions.
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