

A easy plant based street dish that's perfect for a grab and go option.



EDUCATION SECTOR: SECONDARY

SERVINGS: 10

ALLERGENS: SOYA AND GLUTEN

Katsu Tofu Donburi (Rice Bowl)

Ingredients

FOR THE TOFU

1kg Firm tofu
200g KNORR Professional Curry Sauce Mix
30ml Vegetable oil
50g Panko breadcrumbs, toasted

FOR THE RICE

300g White basmati rice
300g Brown basmati rice
20g KNORR Professional Vegetable Powder Bouillon
1.1ltr Water

TO SERVE

150g Spinach
150g Carrot
200g Kimchi
150g Sweetcorn, defrosted
200g Soya beans, defrosted



Method

FOR THE TOFU:

- Cut the tofu into 2cm dice and place into a bowl then sprinkle over the KNORR Professional Curry Sauce Mix.
- Carefully mix to ensure all the tofu is coated then place on to an oven tray.
- Drizzle with oil and grill for 5 minutes until slightly charred.
- Once cooked, remove from the grill and sprinkle over the breadcrumbs.

FOR THE RICE:

- Pour the water into a saucepan and add the brown rice and KNORR Professional Vegetable Powder Bouillon.
- Bring to a gentle simmer and cook for 5 minutes then add the white rice and cook for 15 minutes or until soft.
- Remove from the heat and cover until needed.

TO SERVE:

- Peel and shred the carrots and wash the spinach.
- Spoon the rice into takeaway boxes then add the vegetables and tofu.