

Tofu Vegetable Wok with Rice

Total time **20 mins** 10 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
3,025 kJ / 724 kcal

Fat: **35.7 g** Protein: **25.2 g**
Carbohydrates: **74.1 g**

INGREDIENTS

2 portion(s)

150 g	uncooked Japanese rice
30 g	red pepper
30 g	green pepper
20 g	carrot
30 g	spring onion
60 g	bean sprouts
30 g	shiitake mushrooms
80 g	cabbage
180 g	fried tofu, diced
55 ml	<u>Kikkoman Teriyaki Wok Sauce with Toasted Sesame</u>
65 ml	<u>Kikkoman Toasted Sesame Oil</u>

PREPARATION

Step 1

150 g uncooked Japanese rice

Cook the rice according to the packet instructions and keep warm.

Step 2

30 g red pepper - **30 g** green pepper - **20 g** carrot -
30 g spring onion - **60 g** bean sprouts - **30 g**
shiitake mushrooms - **80 g** cabbage

While the rice is cooking, wash all the vegetables and chop the red pepper, green pepper, carrot, spring onion, shiitake mushrooms and cabbage into bite-sized pieces.

Step 3

Vegetables from Step 2 - **180 g** fried tofu, diced -
65 ml Kikkoman Toasted Sesame Oil

Heat the Kikkoman Sesame Oil in a wok. Stir-fry the chopped peppers, then add the carrot, cabbage and mushrooms. Finally, toss in the bean sprouts, spring onion and fried tofu.

Step 4

55 ml Kikkoman Teriyaki Wok Sauce with Toasted
Sesame

Add the Kikkoman Teriyaki Wok Sauce Toasted Sesame and continue to stir-fry briefly to coat all ingredients. Serve the stir-fry immediately on top of the cooked rice.