

Tofu Rice Bowl with Satay Dressing



Ballarat Health Services

Ingredients

1/2 cup crunchy peanut butter
1/3 cup low fat coconut milk
1 teaspoon low salt soy sauce
1 teaspoon sweet chilli sauce
1 tablespoon lime juice
2 long red chillies, finely chopped
150g green beans, trimmed, halved lengthways
1 Lebanese cucumber
3 1/2 cups cold cooked long-grain white rice
200g Thai tofu, cubed
1 1/3 cups finely shredded red cabbage
1/3 cup roughly chopped roasted peanuts



Method

Step 1 Cook rice as per packet instructions and set aside. Whisk peanut butter, coconut milk, soy sauce, sweet chilli sauce, lime juice, 2 tablespoons warm water and 1/2 the chilli in a bowl until combined.

Step 2 Cook beans in a saucepan of boiling water for 30 seconds or until just tender. Refresh under cold water. Drain.

Step 3 Using a julienne peeler, cut cucumber into long, thin strips. Arrange rice, beans, tofu, cucumber, cabbage, peanuts and remaining chilli in bowls. Serve with dressing.

Quick
Vegetarian
Dinner

Source: www.taste.com.au