

Sesame Tofu with Mango Rice and Spicy Ginger Dressing

It's a rainbow in a bowl – tropical mango, garden-fresh mangetout, spicy chilli and crunchy black sesame seeds.

Ingredients

300g tofu
1 tbsp sesame oil
2 tsp black sesame seeds
80g mangetout
2 spring onions
250g brown rice
fresh ginger
1 red chilli
1 lime
1 tbsp tamari
2 tsp maple syrup
1 mango



Method

Boil the rice. Dry the tofu and cut it into cubes. Heat a frying pan with some oil. Cook the tofu for a few mins until golden brown. Sprinkle with some salt and black sesame seeds. Turn off the heat. Trim the mangetout and slice in half lengthwise then thinly slice the spring onions. Heat a pan, add the spring onions and mangetout, cook for a couple of mins. Stir in the rice and cook for another few mins. Next, make the dressing. Peel and grate the ginger, finely chop the chilli. Mix the ginger, half the chilli, half the juice from the lime, remaining sesame oil, tamari and maple syrup. Peel the mango, destone and cut into cubes. Stir half the dressing and the mango through the rice.

Serve the mango rice topped with the tofu. Add the remaining chilli and dressing. Add a lime wedge just in case it need more sourness and eat!

