

Nutritious & Delicious Hot Pot Recipes



Hot Rice Pots – Spicy Steamin' Tofu (450g)

Ingredients (serves 1)

120g Firm tofu / smoked tofu (2cm diced)
100g Brown basmati rice (pre-cooked - weight after cooking)
75g Red onion (sliced into wedges & roasted)
75g Pak choi (steamed)
75g Broccoli (steamed)
5g Fresh ginger
0.5tsp Cajun Spice
1 tsp extra virgin olive oil
Salt
Pepper

Method

1. Marinade the tofu in the ginger and Cajun spice. Steam.
2. Steam the green vegetables.
3. Heat the rice and the red onion.
4. Season and lightly mix, and dress with the oil.
5. Place in the pot.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 450g Serving	% RNI	
Energy kJ	383	4%	1722	20%	
Energy kcal	91	4%	410	20%	
Fat	2.9g	4%	13.2g	18%	Low
Saturates	0.4g	2%	1.9g	9%	Low
Total Sugars	4.2g	4%	18.9g	20%	Low
Salt	0.20g	3%	1.10g	18%	Low
Protein	4.4g	-	19.8g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Soy