

NEW! ORGANIC  
Multigrain  
Rice

TABBOULEH  
& GRILLED TOFU  
RECIPE



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BULK FOODS

# TABBOULEH & GRILLED TOFU (V, GF, 30-MIN MEAL)

Packed with fresh herbs and lemon; this gluten-free tabbouleh is perfect for any Middle Eastern feast. We've topped it with a za'atar spice and grilled tofu which is quick and easy to make if you're not in the mood for the faff of falafels.

## TOFU

Zest & juice of half Lemon  
1 garlic clove, very finely chopped  
20mL olive oil, plus extra for frying  
Pinch red pepper flakes, optional  
5g za'atar  
1g sea salt  
250g tofu, cut into half centimetre slices

## TABBOULEH

100g Organic Multigrain Rice blend  
200mL water  
2g sea salt  
50g fresh mint  
30g fresh parsley  
½ a small cucumber  
Juice of ½ lemon  
150g cherry tomatoes, quartered  
2g sea salt

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## METHOD

1. Start with marinating the tofu. In a large shallow dish combine the lemon zest, lemon juice, garlic, olive oil, red pepper flakes, za'atar and mix well. Add the tofu to the marinade, making sure it's well coated and set to one side.
2. Rinse the Organic Multigrain Rice blend in a fine-mesh sieve and then transfer to a medium pot. Add the water and the salt to the pot and bring the rice to a boil. Once boiling, reduce the heat to a gentle simmer and cover the pot with a lid. Cook the rice for 15mins or until all the water has been absorbed. Gently fluff the cooked rice with a fork and allow to cool.
3. Remove the woody stems from the mint and discard. Finely chop the tender mint leaves along with the parsley and transfer to a large bowl. Cut the cucumber in half, lengthways, remove the seeds with a teaspoon and discard. Finely chop the cucumber and add to the herbs along with the quartered tomatoes, lemon juice, salt and cooled rice. Mix well to combine and adjust the seasoning to your preference.
4. Place a grill pan (or frying pan) on the stovetop on medium-high heat. Grill the tofu slices with a drizzle of olive oil for 3mins each side. Be careful not to crowd the pan, you may need to grill the tofu in two batches.
5. Serve the tabbouleh topped with grilled tofu, fresh lemon wedges and your choice of sides (pita bread, hummus and babaghanoush all work beautifully).

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