

# Tofu Vegetable Wok with Rice

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

## INGREDIENTS

2 portion(s)

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

**80 g** 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.