

Low FODMAP Golden Sticky Tofu Nourishing Bowl

Monash FODMAP Certified Recipe by A Little Bit Yummy

Serves: 2

Prep: 15 minutes

Cook: 30 minutes



Ingredients	Metric	Imperial
ROAST VEGGIES		
parsnip	160 g	5.64 oz
carrot	140 g	4.93 oz
sweet potato	140 g	4.93 oz
tsp olive oil	2 g	2 oz
salt and pepper to season		
SUNSHINE TAHINI DRESSING		
3 tsp Tahini		
½ tsp garlic infused olive oil		
2 tsp lemon juice		
1 tsp maple syrup		
Season with black pepper		
GOLDEN STICKY TOFU		
Firm tofu	250 g	8.81 oz
1 tbsp cornflour/starch		
¼ tsp salt		
¾ tsp paprika		
½ tsp ground cumin		
½ tsp ground coriander		
¼ tsp chilli flakes (optional)		
1 tbsp lemon juice		
2 tbsp maple syrup		
1 tbsp water		
1 tbsp garlic infused oil (for frying)		
baby spinach (roughly chopped)	30 g	1.05 oz
1 tbsp spring onion/green onion (green leaves only, finely sliced)		
1.5 cups cooked brown rice (we used a precooked rice packet)		

Method

1. Preheat the oven to 180°C (355°F) fan-forced function. Line a roasting pan with baking/parchment paper.
2. Peel and slice the carrot, parsnip and sweet potato into bite-sized pieces. Place in a large bowl, drizzle over the olive oil and season well with salt and pepper. Toss until evenly coated, then transfer to the roasting pan.
3. Place in the oven and roast for 20 minutes (place a timer on). Turn once during cooking.
4. While the vegetables roast, make the sunshine tahini dressing. In a small glass or jar, whisk together the tahini, garlic infused oil, olive oil, lemon juice, maple syrup and a couple of grinds of black pepper.
5. Prep the golden sticky tofu. Drain the firm tofu and pat dry using a clean lint-free tea towel. Tear the tofu into bite-sized pieces and place in a bowl. Sprinkle over the cornflour/starch and salt. Mix well.
6. Mix the paprika, cumin, coriander, chilli flakes, lemon juice, maple syrup, and water in a small glass to form the tofu sauce.
7. Place a large non-stick frypan over medium-high heat. Add the garlic infused oil and fry the tofu until lightly golden on all sides - if needed add an extra drizzle of oil to the pan. Then pour in the tofu sauce and cook for a further 1-2 minutes until the tofu is sticky and golden. Remove the tofu from the pan.
8. Heat the brown rice according to the packet directions.
9. Remove the roast vegetables from the oven once they are tender and golden.
10. Assemble the nourishing bowls. Place the brown rice in the bottom of the bowls, then layer the roast vegetables and chopped spinach, and place the sticky golden tofu on top. Sprinkle with thinly sliced spring onion/green onion leaves and drizzle in sunshine dressing. Enjoy!

Nutrition Information (per serve)	
Energy	3279 Kj / 784 cal
Protein	26.13g
Carbohydrates	72.89g
Sugar	15.57g
Total Fat	39.68g
Saturated Fat	5.70g
Fibre	15.57g