

Nasi Goreng

Balinese Rice

INGREDIENTS

350g tofu cut 2 cm thick
1 tbsp ginger juice
2 garlic cloves minced
2 tbsp toasted sesame oil
1 tbsp tamari
Sunflower oil
1 large carrot cut small
150g green beans cut small
1 small red capsicum cut small
4 spring onions cut small
2 cloves garlic minced
1 cup dried jasmine or basmati rice
cooked the day before (will yield more
than 1 cup – use it all)

Sauce

2 tbsp of tamari
3 tbsp kecap manis
1 tbsp chilli paste (recipe over the
page)

Garnish

2 spring onions finely chopped
1 cucumber sliced
1 tomato sliced
1 tbsp sesame seeds
Extra chilli sauce

METHOD

1. Pace the ginger and 2 cloves garlic, minced, with the toasted sesame oil and 1 tbsp tamari in a bowl and mix, then add the tofu and leave to marinate for at least an hour.
2. Fry the tofu in sunflower oil and sprinkle. Fry until crispy, or cook in a griddle pan.
3. Have the garnish all prepared.
4. Mix the sauce together.
5. Add oil to a wok or large frying pan, fry the onion and garlic for a few minutes.
6. Add the vegetables and cook for 5 minutes, or until soft. Add the rice and sauce and heat through.
7. Serve with the tofu and garnish.

Chilli Sauce

INGREDIENTS

1 shallot or 2 spring onions
12 Birdseye chilli
4 cloves garlic

The logo for Veet Karen, featuring the name in a stylized, handwritten-style cursive font.

1 tbsp miso paste
2 tbsp oil
1 tsp salt
1 tbsp water

METHOD

Blend everything in a blender until smooth.
Cook in a frying pan for 3 to 5 minutes.

Veet Karen