

Miso & Balsamic Nourish Bowl

This bowl is filled with flavour and a variety of whole foods, giving you a nourishing and delicious meal in just over 30 minutes. You can of course substitute the tofu for your preference of protein to make it suit your dietary choices too!

Serves 2

Prep time 5 minutes,
cooking time 30 minutes

Ingredients

150g wild rice
1 aubergine
100g green beans
Crispy onions
2 large handfuls of spinach leaves
2 tbsp fresh dill
100g of firm tofu

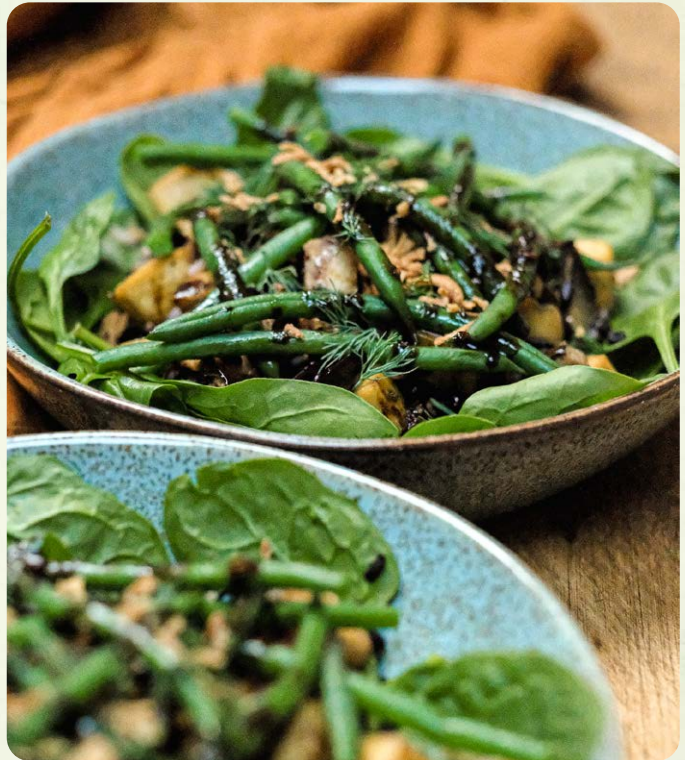
For the vinaigrette

½ cup balsamic vinegar
1 garlic clove, crushed
1 tsp miso paste
2 tsp olive oil

Preheat the oven to 180C and boil a pan of salted water for the rice.

Place the rice on to cook according to packet instructions (usually around 25-30 minutes).

Half the aubergine and cut into small cubes. Then cube the tofu to a similar size and place them together on a baking tray, drizzle with oil and a little salt. Mix well then roast for 30 minutes or until the aubergine is completely soft and the tofu is slightly crispy. Turn a couple of times during cooking to cook more evenly.



Steam the green beans (you can use a sieve over the rice, or in a separate pan) for 3-5 minutes. You want to make sure they still have bite to them. Rinse immediately in cold water to stop them cooking further.

Place the ingredients for the vinaigrette, excluding the olive oil, in a small saucepan and mix well. Then place over a low heat and allow to simmer gently for 5-10 minutes. Remove from the heat and add the olive oil.

Put a handful of leaves in each bowl. Then add the cooked rice, aubergine and beans. Mix the vinaigrette through and top with the chopped dill and crispy onions to serve.