

# Teriyaki Tofu with Besan Flat Breads and Black Rice Salad

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Serves 4 people

## Ingredients

### For the Teriyaki Tofu

700g packet tofu  
3 tbsp tamari  
3 tbsp brown rice vinegar  
2 tbsp agave (you can add more but I found this to be sweet enough)  
4 tsp sesame oil  
1 tbsp corn starch  
1 tbsp cold filtered water

### For the Flat Breads

2 cups besan flour  
2 cups filtered water  
½ tsp salt  
Unrefined organic sunflower or avocado oil

### For the Rice

1 cup black rice  
2 small beetroot peeled and grated  
1 large carrot peeled and grated  
2 spring onions finely chopped (optional)

### For the cucumber

1 large Lebanese cucumber cut in quarters then sliced  
Juice of 1 lime  
2 pinches salt

## Method

1. Mix the besan flour and water together with the salt and stir out any lumps. Let sit until everything else is ready.
2. Cut the tofu in whatever shape you wish and place in a baking tray with a splash of organic olive or sunflower oil and bake at 180°C for 20 minutes or until a little crispy.
3. Place the tamari, agave and brown rice vinegar in a saucepan and cook on a simmer for 5 minutes.
4. Mix the corn starch and water in a bowl and then transfer to the tamari mixture in the saucepan. Stir for a few minutes or until thickened. That's your teriyaki sauce.
5. When the tofu is ready pour the teriyaki sauce on the tofu.
6. Cook the black rice in 2 cups of filtered water by bringing it to a boil then turning to a low heat. It should take only 20 minutes to cook on the low heat.
7. Grate the carrot and beetroot and mix through the cooked black rice. Also mix in the spring onions.
8. For the cucumber, place it in the lime juice to marinate.
9. To fry the flat bread place a small amount of oil in a small frying pan and spoon in enough of the besan flour and water mix to cover the bottom of the frying pan. Wait 4 minutes or so until it has browned on one side. Flip over and cook the other side just for a few minutes so the flat bread stays soft and rollable.
10. Place the flat breads on a plate and put on the table with a bowl of the tofu, the black rice and cucumber and let everyone fill and roll their own wraps.



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