



# WCOOK

## Korean Tofu & Aromatic Rice

with a crunchy edamame

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Organic by SG | Sophie Germanier Shiraz  
Mourvedre Viognier Organic

Nutritional Info	Per 100g	Per Portion
Energy	406kJ	2500kJ
Energy	97kcal	598kcal
Protein	3.8g	23.6g
Carbs	15g	95g
of which sugars	2.9g	17.6g
Fibre	1.9g	11.6g
Fat	2.2g	13.2g
of which saturated	0.2g	1.3g
Sodium	47mg	289mg

**Allergens:** Gluten, Allium, Sesame, Wheat, Sulphites,  
Sugar Alcohol (Xylitol), Soy

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
40g	80g	Edamame Beans
5ml	10ml	White Sesame Seeds
1	1	Onion <i>peel &amp; cut into wedges</i>
100g	200g	Baby Marrow <i>rinse &amp; cut into bite-sized pieces</i>
120g	240g	Carrot <i>rinse, peel (optional) &amp; grate</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
10ml	20ml	NOMU Oriental Rub
60ml	120ml	Korean Marinade <i>(2,5ml [5ml] Bankhoek Chilli Oil, 2,5ml [5ml] Sesame Oil, 5ml [10ml] Rice Wine Vinegar, 5ml [10ml] Gochujang, 5ml [10ml] Low Sodium Soy Sauce &amp; 40ml [80ml] BBQ Sauce)</i>
110g	220g	Non-GMO Tofu

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. READY THE RICE** Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. BEAN THERE, DONE THAT** Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**3. SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. KOREAN VEGGIES** Place a large pan over medium heat with a drizzle of oil. When hot, fry the onion until charred, 4-5 minutes. Add the baby marrow, carrot, garlic and the NOMU rub. Fry for 3-4 minutes (shifting occasionally). When the marrows are charred, add the cooked rice, ¼ of the Korean marinade, the edamame beans and seasoning to the pan. Mix well, remove from the heat and set aside.

**5. TASTY TOFU** Drain the tofu and slice into 2cm cubes. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Add the remaining Korean marinade and a splash of water and simmer until slightly reduced.

**6. MEMORABLE & MOUTHWATERING** Plate up the fragrant rice. Top with the sticky Korean tofu. Finish off with the sesame seeds. Well done, Chef!