



UCCOOK

Sticky 5-Spice Tofu Bowl

with jasmine rice & sesame seeds

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Stettyn Wines | Stettyn Family Range
Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	578kJ	2247kJ
Energy	138kcal	537kcal
Protein	5.3g	20.4g
Carbs	41g	160g
of which sugars	3.4g	13g
Fibre	1.6g	6g
Fat	2g	7.9g
of which saturated	0.2g	0.9g
Sodium	258mg	1004mg

Allergens: Gluten, Allium, Sesame, Wheat, Soy

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
15ml	20ml	White Sesame Seeds
330g	440g	Non-GMO Tofu
15ml	20ml	Cornflour
300g	400g	Baby Marrow <i>rinse & cut into bite-sized pieces</i>
150g	200g	Edamame Beans
15ml	20ml	Chinese 5-spice
3	4	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
3	4	Garlic Cloves <i>peel & grate</i>
120ml	160ml	Chinese Sauce <i>(45ml [60ml] Thai Sweet Chilli Sauce, 30ml [40ml] Lemon Juice & 45ml [60ml] Low Sodium Soy Sauce)</i>
150ml	200ml	ButtaNutt Coconut Yoghurt

From Your Kitchen

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

1. BOIL, SIMMER, STEAM Place the rice in a pot with 600ml [800ml] 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. 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.

3. TASTY TOFU Drain the tofu and cut into 1cm chunks. Place a pan over medium-high heat with a drizzle of oil. Fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and season.

4. CHINESE CUISINE In a small bowl, combine the cornflour with 300ml [400ml] of warm water and mix well. Return the pan to medium heat with a drizzle of oil. Fry the baby marrow and the edamame beans until charred, 3-4 minutes. Remove from the pan and season. Place the pan back on medium heat. Fry the Chinese 5-spice, the spring onion whites, the ginger and the garlic until fragrant, 1-2 minutes. Add the Chinese sauce and the cornflour water. Simmer until thickened and sticky, 4-5 minutes. Loosen with boiling water if it's too thick.

5. FINISHING TOUCHES Remove the pan from the heat. Mix through the coconut yoghurt and the charred veg. Season.

6. WHAT A GREAT PLATE Plate up the jasmine rice, followed by the saucy veg. Top with the crispy tofu. Garnish with the sesame seeds and spring onion greens.