

UCOOK

Tofu Satay Skewers

with cucumber, vermicelli noodles & fresh mint

Beautifully charred tofu skewers drizzled with homemade peanut satay sauce. Sided with roasted butternut chunks, dressed vermicelli noodles, and sprinkled with toasted peanuts and fresh mint. This is what dreams are made of!


Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

 Vegetarian

 Robertson Winery | Extra Light Merlot

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Ingredients & Prep

750g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized pieces</i>
22,5ml	NOMU Oriental Rub
6	Skewers
45ml	Peanut Butter
150ml	Coconut Milk
22,5ml	Lime Juice
45ml	Low Sodium Soy Sauce
330g	Non-GMO Tofu <i>drained, pat dry & cut into 5cm cubes</i>
150g	Rice Vermicelli Noodles
150g	Cucumber <i>finely diced</i>
30g	Peanuts
12g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. BUTTERNUT BEAUTS Preheat the oven to 200°C. Place the butternut pieces on a roasting tray, coat in oil, the Oriental Rub and seasoning. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SKEWERS & SATAY SAUCE Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes — this prevents them from burning when over the heat. In a bowl, place the peanut butter, the coconut milk, ½ the lime juice (to taste) and the soy sauce (to taste). Mix until fully combined. Add water in 5ml increments until slightly loosened. Add the tofu cubes and toss until fully coated. Set aside to marinate.

3. VERMICELLI TOSS UP! Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion. In a bowl, add the remaining lime juice, 15ml of a sweetener of choice and 15ml of olive oil. Mix until the sweetener has fully dissolved. Add the diced cucumber and the cooked vermicelli noodles. Toss until fully coated.

4. POPPIN' PEANUTS Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop.

5. ALMOST THERE! Thread the marinated tofu cubes on the skewers, reserving the marinade in the bowl. Return the pan or place a griddle pan over a high heat. When hot, add the tofu skewers and fry on each side for 3-4 minutes until starting to char. Remove from the pan on completion. Return the pan to a medium heat and deglaze with a splash of water. Add the remaining marinade and leave to heat through for 3-4 minutes. Loosen with a splash of water if it's too thick. Remove from the heat on completion.

6. DINNER IS SERVED! Plate up a generous helping of the roasted butternut pieces alongside the vermicelli and cucumber. Side with the gorgeous charred tofu skewers. Drizzle over the satay sauce. Sprinkle over the picked mint and the toasted peanuts. Dig in, Chef!



Chef's Tip

If not handled correctly, nut butters can sometimes split when cooked. If yours does begin to split, a simple rescue tip is adding a little hot water and whisking vigorously to bring it back together!

Nutritional Information

Per 100g

Energy	510kj
Energy	122Kcal
Protein	4.8g
Carbs	14g
of which sugars	1.6g
Fibre	1.8g
Fat	5.1g
of which saturated	1.9g
Sodium	176mg

Allergens

Gluten, Allium, Sesame, Peanuts,
Wheat, Sulphites, Soy

Cook
within
4 Days