

U COOK

Spiced Tofu & Butternut Dip

with warm pita triangles

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	308kJ 74kcal	1979kJ 474kcal
Protein	3g	19.3g
Carbs	8.5g	54.8g
of which sugars	3.1g	19.7g
Fibre	1.7g	11.2g
Fat	2.4g	15.3g
of which saturated	0.5g	3.1g
Sodium	157mg	1007mg

Allergens: Sulphites, Tree Nuts, Soya, Allium

Eat Within 3 Days

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Butternut Chunks
2	2	Garlic Cloves
30g	40g	Almonds <i>roughly chop</i>
120g	160g	Corn
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Pitted Kalamata Olives <i>drain & halve</i>
8g	10g	Fresh Chives <i>rinse & roughly chop</i>
30ml	40ml	Lemon Juice
125ml	160ml	ButtaNutt Coconut Yoghurt
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
75ml	100ml	Spicy Flour <i>(30ml [40ml] Cake Flour & 45ml [60ml] NOMU Cajun Rub)</i>
330g	440g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
3	4	Pita Flatbreads

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Blender

Sugar/Sweetener/Honey

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until the butternut is golden and cooked through, 35-40 minutes (shifting halfway) and add in the garlic cloves (leaving it unpeeled). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. NUTS & CORN Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. Fry the corn until charred, 4-5 minutes (shifting occasionally). Remove from the pan.

3. COLOURFUL SALAD In a salad bowl, toss the tomato, the corn, olives, ½ the almonds and ½ the chives together with some olive oil and the lemon juice (to taste).

4. DELISH DIP When the butternut has finished roasting, add it to a blender, along with the remaining almonds, coconut yoghurt and 150ml [200ml] of water. Gently squeeze the garlic out of its skin, adding it to the blender. Season and blend until smooth.

5. SWEET ONION & SPICED TOFU Return the pan to medium heat with a drizzle of olive oil. Fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover. While the onion is on the go, pour the spicy flour onto a plate, seasoning it well. Coat the tofu in the flour. Once the onion is finished, remove from the pan, wiping down the pan if necessary. Add a drizzle of oil and fry the tofu until golden, 2-4 minutes a side. Remove from the heat and set aside.

6. PITA TRIANGLES Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place the pitas on a plate and heat up in the microwave, 30-60 seconds. Cut into triangles and set aside.

7. DIP AND DINE Plate up your dinner buddha-bowl style! Start with the butternut dip, top with the caramelised onion and finish with the tofu. Side with the tomato salsa and the pita triangles. Garnish with the remaining chives. Dinner is served!