



QCOOK

Cornflake-crusted Tofu Bites

with crispy smashed baby potatoes, cucumber & sweet chilli-mayo dressing

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Koelenhof | Koelenbosch Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	556kJ	3480kJ
Energy	133kcal	832kcal
Protein	4.1g	25.7g
Carbs	14g	89g
of which sugars	2.8g	17.5g
Fibre	1.8g	11.4g
Fat	6.4g	40g
of which saturated	0.5g	3.2g
Sodium	116mg	725mg

Allergens: Sulphites, Gluten, Tree Nuts, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes
15g	30g	Almonds
80ml	160ml	Sweet Chilli Mayo <i>(30ml [60ml] Carb Smart Sweet Chilli Sauce, 50ml [100ml] Vegan Mayo)</i>
40ml	80ml	Tofu Crumb <i>(15ml [30ml] Cornflour, 5ml [10ml] Garlic Powder, 5ml [10ml] Onion Powder, 5ml [10ml] Smoked Paprika & 10ml [20ml] Nutritional Yeast)</i>
30ml	60ml	Almond Milk
30g	60g	Corn Flakes
110g	220g	Non-GMO Tofu
20g	40g	Green Leaves
100g	200g	Cucumber
1	2	Spring Onions

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. PARBOIL & ROAST Preheat the oven to 200°C. Rinse and place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside. Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PREP STEP Loosen the sweet chilli mayo in 5ml increments until a drizzling consistency. Finely crush the cornflakes. Drain and dice the tofu into 2cm cubes. Rinse the green leaves, rinse and peel the cucumber into ribbons, and rinse, trim, and finely slice the spring onion.

3. TOASTED ALMONDS 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.

4. TIME TO CRUMBIFY Prepare three shallow dishes: one containing the tofu crumb (lightly seasoned), one containing the almond milk, and the last one with the fine cornflakes. Coat the diced tofu in the seasoned flour, dusting off any excess flour. Coat in the almond milk, and lastly the cornflakes.

5. CRISPY TOFU Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

6. JUST BEFORE SERVING In a bowl, combine the green leaves, the cucumber, a drizzle of olive oil, and season.

7. DINNER IS READY Make a bed of the cucumber mix, top with smashed potatoes, and scatter over the golden tofu. Drizzle over the sweet chilli mayo, and sprinkle over the toasted almonds and the sliced spring onions. Well done, Chef!