



# UCOOK

## Cornflake-crusted Tofu Bites

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

If you're craving a very edgy, very v-edgy, vegan-friendly meal, this is the recipe for you, Chef! Double-coated tofu bites, with crunchy cornflakes and a special UCOOK tofu crumb, bring the crispy textures in heaps. Served with golden smashed potatoes, a cucumber salad, and toasted almonds for extra crunch.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Veggie

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Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

200g	Baby Potatoes <i>rinse</i>
15g	Almonds
80ml	Sweet Chilli Mayo <i>(50ml Mayo &amp; 30ml Sweet Chilli Sauce)</i>
40ml	Tofu Crumb <i>(15ml Cornflour, 5ml Garlic Powder, 5ml Onion Powder, 5ml Smoked Paprika &amp; 10ml Nutritional Yeast)</i>
30ml	Almond Milk
30g	Corn Flakes <i>finely crush</i>
110g	Non-GMO Tofu <i>drain &amp; dice into 2cm cubes</i>
20g	Green Leaves <i>rinse</i>
100g	Cucumber <i>rinse &amp; peel into ribbons</i>
1	Spring Onion <i>rinse, trim &amp; finely slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. PARBOIL** Preheat the oven to 200°C. 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.

**2. TOAST & PREP** 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. Loosen the sweet chilli mayo in 5ml increments until drizzling consistency.

**3. SMASHED POTATOES** 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.

**4. PREP** 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 rinsed green leaves, the cucumber ribbons, 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!



## Chef's Tip

Air fryer method: Place the smashed potatoes in the air fryer tray. Drizzle with oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	612kJ
Energy	146kcal
Protein	4.4g
Carbs	17g
of which sugars	3.1g
Fibre	1.7g
Fat	6.6g
of which saturated	0.5g
Sodium	144mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Sugar  
Alcohol (Xylitol), Tree Nuts, Soy

Eat  
Within  
4 Days