

UCOOK

Sesame-Battered Tofu Bowl

with black quinoa, hoisin sauce, lime & fresh avo

A crunchy coating of sesame seeds gives tofu a major texture boost, leaving it with a soft inside and a bold crunch on the outside. It is served on a bed of protein-powered black quinoa, a tangy lime-laced slaw, creamy avocado and drizzles of hoisin sauce. Get ready for a big hit of flavour!

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 No paired wines

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

225ml	Black Quinoa
22,5ml	Low Sodium Soy Sauce
150g	Corn
300g	Shredded Cabbage & Julienne Carrot
2	Limes <i>zested & cut into wedges</i>
2	Avocados
85ml	Ongs Hoisin Sauce
330g	Non-GMO Tofu <i>drained & sliced into 1-2cm thick slabs</i>
22,5ml	Cornflour
125ml	Rice Flour
170ml	White Sesame Seeds

From Your Kitchen

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

1. START IT OFF WITH A SIMMER Rinse the quinoa, place in a pot, and submerge in 1L of salted water. Place over a medium-high heat and bring to a simmer uncovered. Cook for 25-30 minutes until the quinoa is tender and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Use a fork to toss through the soy sauce to taste. Cover with a lid and allow to stand off the heat for 5 minutes.

2. A COLOURFUL CRUNCH Boil the kettle. Submerge the corn in boiling water to plump up for 3-5 minutes. Drain on completion and place in a bowl with the cabbage and carrot. Toss through 30ml of olive oil, a squeeze of lime juice, and the zest to taste. Season and set aside for serving.

3. TANGY TOPPINGS Halve the avocados and set aside one of the halves containing a pip for another meal. Scoop the avocado flesh out of the remaining halves and cut into bite-sized chunks. Place in a bowl, toss through some lime juice and seasoning, and set aside. Loosen the hoisin sauce by mixing with water in 10ml increments until drizzling consistency.

4. PREP THE BATTER Place the tofu slabs on paper towel and pat down firmly to remove excess water. Place the cornflour in a shallow bowl with 3 tbsp of rice flour. Gradually whisk in 65ml of water until you get a smooth batter. Prepare 2 more shallow bowls: one containing the remaining rice flour and the other containing the sesame seeds.

5. EVEN MORE CRUNCH! Place a large non-stick pan over a medium heat with enough oil to cover the base. Coat the tofu in the rice flour, gently dusting off any excess afterwards. Coat in the batter, and finally, coat in the sesame seeds. When the oil is hot, fry the tofu for 1-2 minutes per side until golden and crispy all over. You may need to do this in batches to avoid overcrowding the pan. On completion, remove from the pan and place on paper towel. Season and allow to drain until serving.

6. GET READY FOR FOOD BLISS Dish up your dinner Buddha bowl-style! Make a bed of nutty quinoa. On top, place the slaw, crispy tofu, and zingy avo alongside one another. Cover in drizzles of hoisin dressing and serve with any remaining lime wedges — and that's that! Simply stunning, Chef.



Chef's Tip

To prevent the batter from sticking to your hands instead of the tofu, make sure to use one hand to coat in the wet mixture and the other hand to coat in the dry ingredients.

Nutritional Information

Per 100g

Energy	754kJ
Energy	180Kcal
Protein	6.8g
Carbs	21g
of which sugars	3.4g
Fibre	4g
Fat	7.9g
of which saturated	1g
Sodium	139mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days