



# UCCOOK

## Vegan Caribbean Tofu Pelau

with toasted cashew nuts & pineapple pieces

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterkloof | False Bay Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 515kJ    | 3768kJ      |
| Energy             | 123kcal  | 901kcal     |
| Protein            | 4.4g     | 32.1g       |
| Carbs              | 16g      | 119g        |
| of which sugars    | 3.7g     | 27.4g       |
| Fibre              | 2.6g     | 18.7g       |
| Fat                | 4g       | 29.2g       |
| of which saturated | 2.4g     | 17.5g       |
| Sodium             | 29mg     | 210mg       |

**Allergens:** Soy, Tree Nuts, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                           |
|----------|------------|---------------------------------------------------------------------------|
| 2        | 2          | Onions<br><i>peel &amp; roughly dice</i>                                  |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into small bite-sized pieces</i> |
| 60ml     | 80ml       | Tomato Paste                                                              |
| 30ml     | 40ml       | Old Stone Mill Jerk Seasoning                                             |
| 225ml    | 300ml      | White Basmati Rice<br><i>rinse</i>                                        |
| 300ml    | 400ml      | Coconut Cream                                                             |
| 30g      | 40g        | Cashew Nuts<br><i>roughly chop</i>                                        |
| 330g     | 440g       | Non-GMO Tofu<br><i>drain &amp; cut into bite-sized pieces</i>             |
| 360g     | 480g       | Kidney Beans<br><i>drain &amp; rinse</i>                                  |
| 90g      | 120g       | Tinned Pineapple Pieces<br><i>drain</i>                                   |

## From Your Kitchen

Oil (cooking, olive & coconut)  
Seasoning (salt & pepper)  
Water

**1. RICE** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until turning golden, 4-5 minutes. Add the tomato paste and the jerk seasoning, and fry until fragrant, 1-2 minutes. Add the rice, the coconut cream, and 225ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes.

**2. TOAST** While the rice is cooking, place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. TOFU** Return the pan to medium-high heat with a drizzle of oil. Fry the tofu until golden and crispy, 3-5 minutes (shifting as they colour). Remove from the pan and season.

**4. MIX IT UP!** When the coconut rice is done, remove from the heat. Mix in the beans and the golden tofu and cover with a lid. Allow to steam until the beans are warmed through, 8-10 minutes.

**5. TIME TO EAT** Make a bed of the loaded rice, top with the pineapple pieces, and scatter over the nuts. Well done, Chef!