



# UCOOK

## Tangy Tropical Rojak

with vermicelli noodles, fried tofu & zingy pineapple

Hailing from Malaysia, Singapore and Indonesia, this vibrant salad brings together fruit, veggies and tofu in an extremely tasty way! A unique fusion of sweet, spicy and salty, a dish unlike any other!

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**Hands-On Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Vegetarian

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 Robertson Winery | Chardonnay

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## Ingredients & Prep

|      |                                                                                                   |
|------|---------------------------------------------------------------------------------------------------|
| 50g  | Rice Vermicelli Noodles                                                                           |
| 10g  | Peanuts                                                                                           |
| 5ml  | White Sesame Seeds                                                                                |
| 1    | Lime<br><i>zested &amp; cut into wedges</i>                                                       |
| 25ml | Rojak Sauce<br><i>(10ml Sambal Oelek, 5ml Hoisin Sauce &amp; 10ml Sweet Indonesian Soy Sauce)</i> |
| 110g | Non-GMO Tofu<br><i>drained, pat dry &amp; cut into bite-sized chunks</i>                          |
| 100g | Fresh Mango<br><i>cut into bite-sized chunks</i>                                                  |
| 40g  | Pineapple Pieces<br><i>cut into bite-sized chunks</i>                                             |
| 50g  | Cucumber<br><i>diced</i>                                                                          |
| 5g   | Fresh Mint<br><i>rinsed, picked &amp; finely sliced</i>                                           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. OODLES OF NOODLES** Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

**2. NUTS, SEEDS & ZEST!** Place the peanuts and sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop. In a bowl, combine the lime zest (to taste), the rojak sauce and a sweetener of choice (to taste).

**3. A FRUIT COCKTAIL** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the tofu chunks for 3-4 minutes until crispy, shifting occasionally. Remove from the pan and add to a bowl with the mango chunks, the pineapple chunks, and the diced cucumber. Toss the cooked noodles with ½ of the zesty rojak sauce.

**4. PLATE IT UP!** Plate up the zesty rojak noodles. Top with the tofu and fruit mix. Drizzle over the remaining zesty rojak sauce. Garnish with sliced mint and sprinkle over the sesame seeds and peanuts. Time to dig in, Chef!



## Chef's Tip

The biggest mistake you can make when trying to sear any ingredient? Starting with a room temperature pan! Give the oil and pan time to warm up before you add in the tofu so that it gets an even blast of heat.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 485kj   |
| Energy             | 116Kcal |
| Protein            | 4.6g    |
| Carbs              | 18g     |
| of which sugars    | 5.9g    |
| Fibre              | 1.5g    |
| Fat                | 3.7g    |
| of which saturated | 0.8g    |
| Sodium             | 118mg   |

## Allergens

Gluten, Allium, Sesame, Peanuts,  
Wheat, Sulphites, Soy

Cook  
within 1  
Day