



UCOOK

Miso Polenta & Tofu

with toasted sesame seeds & exotic mushrooms

Want to feel like a chef in your own kitchen? Plate up this restaurant-style creamy miso polenta topped with crispy exotic mushrooms, tofu and long stem broccoli in a sweet soy sauce. Sprinkled with sesame seeds, spring onions and chilli flakes. Chef life!

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Vegetarian

 Warwick Wine Estate | First Lady Rosé

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Ingredients & Prep

45ml	Black Sesame Seeds
330g	Non-GMO Tofu <i>drained, pat dry & torn into bite-sized chunks</i>
375g	Mixed Exotic Mushrooms <i>trimmed & separated</i>
300ml	Polenta
45ml	Miso Paste
3	Garlic Cloves <i>peeled & grated</i>
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
225ml	Long Stem Broccoli <i>trimmed</i>
45ml	Indonesian Soy Sauce
22,5ml	Sesame Oil
45ml	Dried Chilli Flakes

From Your Kitchen

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

1. POPPING SEEDS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion.

2. FRYING FRENZY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the tofu chunks and the trimmed mushrooms and fry for 5-6 minutes until browned and crispy. You may need to do this step in batches. Remove from the pan and drain on some paper towel.

3. MISO POLENTA Boil the kettle. Place a pot over a high heat. Pour in 1.5L of boiling water and add 2 tsp of salt. Once boiling, slowly whisk in the polenta and the miso paste, stirring constantly until there are no lumps. Reduce to a low heat and cook for 8-10 minutes, whisking often, until the polenta is soft and the texture is thick and creamy. Turn the heat to the lowest setting, stir in a knob of butter (optional), some seasoning and cover to keep warm until serving.

4. ALMOST THERE Return the pan to a medium-high heat with another drizzle of oil. Once hot, add the grated garlic and the spring onion whites. Fry for 1-2 minutes until fragrant, shifting constantly. Add in the trimmed broccoli and a splash of water. Fry for 5-6 minutes until the water has evaporated and the broccoli is starting to brown. Stir in the sweet soy sauce, the sesame oil and 120ml of water. Reduce the heat and bring up to a slow simmer. Simmer for 4-5 minutes until the broccoli has softened slightly and the sauce has reduced by half. Add in the fried mushrooms and tofu and simmer for a further 2-3 minutes until heated through.

5. WOWZERS! Make a bed of the creamy miso polenta. Top with the saucy broccoli, mushrooms and tofu. Pour over any remaining sauce. Sprinkle over the sesame seeds, the chilli flakes (to taste) and the spring onion greens. Restaurant-style, Chef!



Chef's Tip

If your polenta gets too thick to whisk, use a wooden spoon to stir while it continues to cook.

Nutritional Information

Per 100g

Energy	673kJ
Energy	161Kcal
Protein	7.9g
Carbs	23g
of which sugars	2.2g
Fibre	4.2g
Fat	4.8g
of which saturated	0.6g
Sodium	166mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within
4 Days