



UCOOK

Grilled Tofu Skewers & Coconut Rice

with bell pepper & baby marrow

"Delicious!" "This is so tasty!" "Fab flavour!" These are the types of comments you can expect around the dinner table tonight, Chef. Tofu, baby marrow rounds, bell pepper & onion wedge skewers are coated in The Sauce Queen Smokey BBQ Sauce and pan-fried until golden. Served on a bed of fragrant jasmine rice.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Adventurous Foodie

Painted Wolf Wines | The Pack Blacktip
Mourvèdre

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Ingredients & Prep

75ml	Jasmine Rice <i>rinse</i>
100ml	Coconut Cream
25g	Coconut & Cashew Mix <i>(15g Cashew Nuts & 10g Coconut Flakes)</i>
3	Wooden Skewers
110g	Non-GMO Tofu <i>drain & cut into bite-sized pieces</i>
150g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
1	Onion <i>peel & cut ½ into wedges</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
50ml	The Sauce Queen Smokey BBQ Sauce

From Your Kitchen

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

1. COCO-CREAMY RICE Place the rinsed rice in a pot with 100ml of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

2. COCO-CASHEW CRUNCH Place the coconut & cashew mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SENSATIONAL SKEWERS Thread the tofu cubes, the marrow rounds, the onion wedges, and the pepper chunks onto the skewers until all the ingredients have been used up.

4. BBQ TOFU & VEG Place a grill pan or return the pan to high heat. When hot, grill the skewers, and any remaining veg until lightly charred, 4-5 minutes (turning occasionally to ensure even cooking). In the final 2 minutes, base the skewers with the BBQ sauce.

5. YOU'RE DONE! Make a bed of the fluffy rice, top with the grilled tofu skewers and veg and sprinkle over the toasted mix. Side with any remaining veggies. Enjoy!

Nutritional Information

Per 100g

Energy	438kj
Energy	105kcal
Protein	2.9g
Carbs	13g
of which sugars	4g
Fibre	1.6g
Fat	4.8g
of which saturated	2.7g
Sodium	75mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Eat
Within
4 Days