



# UCOOK

## Crumbed Tofu Caesar Salad

**with a gluten-free crust, That Mayo & oven-crisped kale**

Our vegan, gluten-conscious take on this famous summer salad is healthy and utterly delectable! It features crunchy tofu in a light and crisp quinoa flake crumb, added nutrients from peas and kale, and a creamy vegan caesar dressing.

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**Hands-On Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Tess Witney

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 **Vegetarian**

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## Ingredients & Prep

|       |  |
|-------|--|
| 60g   | Flaked Almonds   |
| 205ml | Dijon Mayo<br><i>(5ml Dijon Mustard &amp; 200ml Vegan That Mayo)</i> |
| 2     | Lemon<br><i>zested &amp; cut into wedges</i>                         |
| 3     | Garlic Clove<br><i>peeled &amp; grated</i>                           |
| 60ml  | Nutritional Yeast  |
| 160g  | Peas   |
| 200g  | Kale<br><i>rinsed &amp; roughly shredded</i>                         |
| 60ml  | Tapioca Flour  |
| 200ml | BIO XXI Quinoa Flakes  |
| 440g  | Tofu<br><i>drained</i>   |
| 160g  | Green Leaves<br><i>rinsed</i>  |
| 200g  | Cucumber<br><i>peeled into ribbons</i>                               |

## From Your Kitchen

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

**1. TOAST THE ALMOND FLAKES** Preheat the oven to 180°C. Place the flaked almonds in a large pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

**2. VEGAN CAESAR DRESSING** Boil the kettle. Place 160ml of the Dijon mayo in a bowl. Combine with the juice of 4 lemon wedges, a drizzle of oil, and the grated garlic to taste. Gradually mix in the nutritional yeast until thick and 'cheesy'. Then, loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside. Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and set aside for serving.

**3. CRISPY KALE** Place the shredded kale on a roasting tray with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Using your hands, massage until softened and evenly coated. Spread out in a single layer and roast in the hot oven for 10-12 minutes until crispy, shifting halfway. Remove from the oven on completion.

**4. CRUMB THE TOFU** Place the remaining Dijon mayo in a shallow dish with a small splash of water, and whisk vigorously until runny. In a second shallow dish, combine the tapioca flour with a pinch of salt. Prepare a third shallow dish containing the quinoa flakes. Pat the drained tofu dry with paper towel and halve to create 8 slabs. Coat in the tapioca flour, then in the mayo, and lastly in the quinoa flakes, making sure they're fully coated in each mixture. When passing through the flakes, press them into the tofu so they stick and coat evenly. Dust off any excess in between coatings.

**5. FRY THE TOFU** Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the tofu for 4-5 minutes, gently turning as it colours, until crispy and golden all over. On completion, transfer to a baking tray (or the tray that was used for the kale) and pop in the oven for 2-3 minutes for some extra crisp!

**6. DINNER IS SERVED!** Lay out a bed of rinsed green leaves and top with the peas and crispy kale. Cover in the cucumber ribbons and place the crumbed tofu on top. Sprinkle over the toasted almond flakes and the lemon zest (to taste), and drizzle the whole plate with the creamy caesar dressing. Well done, Chef!



## Chef's Tip

For the crispiest results, fry the tofu in batches if necessary to avoid overcrowding the pan. Make sure to fry all of its sides – even the smaller ones!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 668kj   |
| Energy             | 160Kcal |
| Protein            | 6.4g    |
| Carbs              | 18g     |
| of which sugars    | 2.4g    |
| Fibre              | 3.2g    |
| Fat                | 6.9g    |
| of which saturated | 1.4g    |
| Sodium             | 88mg    |

## Allergens

Egg, Allium, Sulphites, Tree Nuts, Soy

Cook  
within  
4 Days