



UCOOK

Vermicelli Tofu Stir-fry

with a peanut sauce, red cabbage & toasted peanuts

This stir-fry is the perfect blend of sweet, savoury, and spicy flavours. Imagine silky vermicelli noodles, crispy tofu, and crunchy red cabbage all coated in a creamy peanut sauce. The dish is topped off with toasted peanuts & a touch of chilli for a spicy kick. Are you ready to cause a stir, Chef?

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Thea Richter

 Veggie

 Strandveld | First Sighting Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Rice Vermicelli Noodles
110ml	Stir-fry Sauce <i>(80ml Tamari Sauce & 30ml Sesame Oil)</i>
125ml	Peanut Butter
2	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>de-seeded & finely chopped</i>
40g	Peanuts <i>roughly chopped</i>
440g	Non-GMO Tofu <i>drained & cut into 1-2cm thick slabs</i>
2	Onions <i>peeled & cut into thick slices</i>
400g	Cabbage <i>finely sliced</i>
160g	Peas
480g	Carrot <i>trimmed, peeled (optional) & grated</i>

From Your Kitchen

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

1. NICE RICE NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

2. STIR-FRY SAUCE In a bowl, combine the stir-fry sauce, the peanut butter, the grated garlic (to taste), ½ the sliced chilli (to taste), 40ml of a sweetener, and 120ml of water. Set aside.

3. TOTALLY NUTTY Place a pan over medium heat with the chopped peanuts. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and set aside for serving.

4. CRISPY TOFU Return the pan to a high heat with a drizzle of oil. When hot, fry the tofu slabs until crispy, 3-4 minutes per side. Remove from the pan, drain on paper towel, and season. Cut into bite-sized pieces.

5. STIR THINGS UP Return the pan to medium-high heat with a drizzle of oil. When hot, add the onion slices and fry for 4-5 minutes until soft, shifting occasionally. Add the sliced cabbage, the peas, and the grated carrot. Fry for 3-4 minutes until slightly softened, shifting occasionally. Add the peanut stir-fry sauce, the cooked noodles, and the tofu pieces. Simmer for 1-2 minutes until slightly reduced, shifting occasionally. Loosen with a splash of water if the sauce reduces too quickly. Season.

6. SIMPLY DELICIOUS Plate up the loaded stir-fry. Sprinkle over the toasted peanuts and the remaining chilli (to taste). Dive in, Chef!

Nutritional Information

Per 100g

Energy	551kJ
Energy	132kcal
Protein	5.4g
Carbs	14g
of which sugars	3.1g
Fibre	2.5g
Fat	6.1g
of which saturated	1.2g
Sodium	256mg

Allergens

Allium, Sesame, Peanuts, Soy

Cook
within
4 Days