



UCCOOK

Korean Glazed Tofu & Fragrant Rice

with charred spinach & edamame beans

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Tiisetso Maema

Nutritional Info	Per 100g	Per Portion
Energy	930kj	3175kj
Energy	222kcal	759kcal
Protein	5.9g	20.3g
Carbs	26g	88g
of which sugars	4.5g	15.2g
Fibre	1.6g	5.4g
Fat	9.8g	33.5g
of which saturated	0.5g	1.8g
Sodium	352mg	1202mg

Allergens: Sulphites, Egg, Gluten, Sesame, Sugar
Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice
330g	440g	Non-GMO Tofu <i>drain & cut into bite-sized pieces</i>
60ml	80ml	Tofu Coating <i>(45ml [60ml] Cornflour, 15ml [20ml] NOMU Does Everything)</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Sesame Oil
90g	120g	Edamame Beans
60g	80g	Green Leaves <i>rinse</i>
22.5ml	30ml	Gochujang
90ml	120ml	Honey-Soy Sauce <i>(30ml [40ml] Honey, 15ml [20ml] Rice Wine Vinegar & 45ml [60ml] Low Sodium Soy Sauce)</i>
90ml	125ml	Kewpie Mayo
2	2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. **READY THE RICE** Place the rice in a pot with 450ml [600ml] of salted water. 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, 5-6 minutes. Fluff with a fork, remove from the pot and put the rice on a tray to cool down.

2. **TASTY TOFU** Place a pan over medium-high heat with enough oil to cover the base of the pan. Pat the tofu dry with paper towel, and dust in the tofu coating. When hot, fry the tofu until golden and crispy, 3-4 minutes per side, until it is crispy. Remove from the pan, season, and drain any excess oil on a plate lined with paper towel. (You may need to do this step in batches).

3. **CRISPY RICE** Drain the oil from the pan, and return it to medium-high heat. Return to heat with a drizzle of oil. When hot, add in the garlic and fry until fragrant for 1-2 minutes. Add in the rice and allow it to cook until it starts to brown and get crispy, for 3-4 minutes. Then add in the sesame oil and cook for another 1-2 minutes. Remove from the heat and cover.

4. **VEGGIE MEDLEY** Place another pan over medium-high heat with a drizzle of oil. When hot, fry the edamame until lightly charred, 5-6 minutes (shifting occasionally). Add in the spinach and cook until it just wilts for 20-30 seconds. Remove from the pan, season and set aside.

5. **ADD THE UMAMI** Return the pan to medium heat. Add in the gochujang, honey-soy sauce mix, and 150ml [200ml] of water. Stir everything until fully combined. Heat through until the sauce becomes slightly sticky and add in the tofu. Toss the tofu through until everything is well coated and heated through for 1-2 minutes. Remove from the heat.

6. **VEGETARIAN FEAST** Bowl up the fragrant rice, top with the glazed tofu. Place the charred edamame beans and spinach alongside the tofu. Top with a drizzle of mayo and garnish with spring onions. Dinner is ready. Enjoy, Chef!