



# QCOOK

## Tofu Satay Toss-up

with peanuts, bulgur wheat & creamy satay sauce

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 454kj    | 3643kj      |
| Energy             | 109kcal  | 872kcal     |
| Protein            | 4.4g     | 35.1g       |
| Carbs              | 13g      | 107g        |
| of which sugars    | 2.5g     | 20.3g       |
| Fibre              | 3.1g     | 25g         |
| Fat                | 4.7g     | 37.7g       |
| of which saturated | 0.7g     | 5.8g        |
| Sodium             | 143mg    | 1149mg      |

**Allergens:** Sulphites, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 225ml    | 300ml      | Thai Tofu Marinade<br><i>(90ml [120ml] Low Sodium Soy Sauce, 45ml [60ml] Sesame Oil &amp; 90ml [120ml] Rice Wine Vinegar)</i> |
| 2        | 2          | Lemons<br><i>cut into wedges</i>  |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>   |
| 330g     | 440g       | Non-GMO Tofu  |
| 45g      | 60g        | Peanuts<br><i>roughly chop</i>  |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice</i>   |
| 225ml    | 300ml      | Bulgur Wheat<br><i>rinse</i>  |
| 60ml     | 80ml       | Peanut Butter   |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into thin matchsticks</i>  |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>  |
| 150g     | 200g       | Edamame Beans   |

## From Your Kitchen

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

**1. OH MY, MY, MARINADE!** In a shallow bowl, combine the Thai tofu marinade, the juice of 3 [4] lemon wedges, 15ml [30ml] of sweetener, and 1/2 the ginger. Pat the tofu dry with paper towel and cut into bite-sized cubes. Place in the bowl and toss to coat. Set aside to marinate for 10-15 minutes.

**2. TOASTED PEANUTS** Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. ODE TO AN ONION** Return the pan to medium-high heat with a drizzle of oil. Fry the onion until browned and softening, 7-10 minutes (shifting occasionally). Season, remove from the pan, and set aside.

**4. STEAMY BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, add the edamame beans and fluff with a fork. Place the lid on the pot and set aside.

**5. TOFU-RIFIC!** When the tofu has finished marinating, return the pan to medium-high heat with a drizzle of oil. Fry the tofu until golden and crispy, reserving the marinade in the bowl, 3-4 minutes per side. Drain on paper towel.

**6. PEANUT SAUCE** Place the peanut butter in a small bowl and gradually whisk in the reserved marinade in 5ml increments until a drizzling consistency. Season and set aside.

**7. TOSS IT ALL TOGETHER** To the bowl of bulgur wheat, toss through the onion, the carrot matchsticks, and the green leaves. Add the juice of 3 [4] lemon wedges, the remaining ginger, and seasoning. Gently toss until evenly distributed.

**8. GET READY FOR DINNER** Dish up the tantalising Thai salad. Top with the tofu and drizzle over the peanut sauce. Finish with sprinkles of toasted peanuts. Serve any remaining marinade on the side.