



WCOOK

Satay Tofu Bowl

with edamame beans

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Caitlin Swanepoel

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 665kJ | 4108kJ |
| Energy | 159kcal | 982kcal |
| Protein | 5.9g | 36.5g |
| Carbs | 21g | 127g |
| of which sugars | 3.5g | 21.3g |
| Fibre | 2.7g | 16.5g |
| Fat | 5.3g | 32.7g |
| of which saturated | 0.9g | 5.5g |
| Sodium | 269mg | 1663mg |

Allergens: Soya, Gluten, Allium, Peanuts, Wheat, Sulphites, Tree Nuts

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

| | | |
|-------|-------|---|
| 750g | 1kg | Sweet Potato <i>rinse & cut into bite-sized chunks</i> |
| 2 | 2 | Vegetable Stock Sachets |
| 225ml | 300ml | Brown Basmati Rice <i>rinse</i> |
| 30ml | 40ml | Low Sodium Soy Sauce |
| 90ml | 120ml | Peanut Butter |
| 30ml | 40ml | Lemon Juice |
| 45g | | Cashew Nuts |
| 90g | 120g | Edamame Beans |
| 150g | 200g | Spinach <i>rinse & roughly shred</i> |
| 150ml | 200ml | Panko Breadcrumbs |
| 330g | 440g | Non-GMO Tofu |

From Your Kitchen

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

1. START THE SWEET POTATO Preheat the oven to 200°C and boil the kettle. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. FLAVOURFUL RICE Dilute 1½ [all] the stock with 675ml [900ml] of hot water. Place the rice in a pot, cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

3. WHILE WE WAIT In a small bowl, loosen the peanut butter with a splash of warm water. Mix in the soy sauce and the lemon juice (to taste). If the sauce is a bit thick, loosen with some more water, until drizzling consistency. Place the cashew nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. GET THE GREENS When the rice has 5-10 minutes remaining, add the spinach to the rice pot and let it steam until wilted. Return the pan to medium heat with a drizzle of oil.

5. PANKOCRUMB-COATED TOFU Return the pan to medium to high heat with a drizzle of olive oil. Add the panko crumbs to a plate with some seasoning. Drain the tofu and slice into 2cm thick slabs. Coat the tofu in the panko crumbs and fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on some paper towel.

6. TA-DA! Plate up a generous helping of the rice. Top it with the roasted potatoes and the edamame beans. Top with the crispy tofu and a drizzle of the satay dressing. Finish it off with a sprinkle of the cashews. Dinner is served, Chef!