



U C O O K

— COOKING MADE EASY

CRISPY GOLDEN TOFU

with Asian fusion chakalaka, crispy onions & a mini baguette

We've turned chakalaka on its head, giving this spicy South African relish some Asian-inspired flavour with sriracha, lime, and soy sauce. A zingy, saucy partner for the crunch of pan-fried tofu and freshly toasted baguette.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen

 **Vegetarian**

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Ingredients & Prep

5ml	Vegetable Stock
25ml	Soy Sauce
1	Lime <i>zested & cut into wedges</i>
1	Onion <i>one half peeled & sliced</i>
10ml	NOMU Oriental Rub
120g	Butter Beans <i>drained & rinsed</i>
75g	Asian-Style Slaw Mix
20g	Baby Spinach <i>rinsed</i>
15ml	Sriracha
110g	Tofu <i>drained & cut into 2cm cubes</i>
1	Schoon Vegan Baguette <i>halved lengthways</i>
15ml	Crispy Onions

From Your Kitchen

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

1. PREP PREP PREP! Boil the kettle. Dilute the stock with 65ml of boiling water and set aside. Combine the soy sauce with some lime juice, reserving 2 lime wedges for serving.

2. MAKE THE FUSION “CHAKALAKA” Place a nonstick pan over a medium heat with a drizzle of oil. When hot, sauté the sliced onion for 3-4 minutes until soft. Add the Oriental Rub and fry for another minute until fragrant, shifting constantly. Add in the drained butter beans, diluted stock, Asian-style slaw, and limey soy sauce. Add in half of the rinsed baby spinach and stir through. Cook for 3-4 minutes, stirring occasionally, until the cabbage has wilted and absorbed the flavour of the sauce. Stir in some seasoning and sriracha to taste. Transfer to a bowl on completion, cover to keep warm, and set aside until serving.

3. CRISPY CUBES OF TOFU Place the cubed tofu in a bowl and coat in oil. Wipe down the pan and return it to a medium-high heat with another drizzle of oil. When hot, fry the tofu for 3-4 minutes until crispy and golden all over, shifting as it colours. Remove from the pan on completion, set aside to drain on some paper towel, and season to taste.

4. TOASTY BAGUETTE Drizzle oil (or smear coconut oil) on the cut side of the baguette. Return the pan to a high heat. When hot, toast the baguette halves cut-side down for 2-3 minutes until crispy. Remove from the pan on completion, ready for serving. Toss the remaining baby spinach with some olive oil and season to taste.

5. STEP UP TO THE PLATE Make a bed of dressed baby spinach, spoon over a generous pile of Asian-inspired chakalaka, and top with the tofu cubes. Squeeze over some lime juice and drizzle with any remaining sriracha to taste. Garnish with the crispy onions and some lime zest to taste. Serve the toasted baguette on the side to munch with all the ingredients as you like. It's as easy as that, Chef.



Chef's Tip

If necessary, fry the tofu in batches to avoid overcrowding the pan, or you could end up with mushy tofu, instead of nice, crispy tofu!

Nutritional Information

Per 100g

Energy	485kj
Energy	116Kcal
Protein	5.2g
Carbs	18g
of which sugars	1.9g
Fibre	2.8g
Fat	2.7g
of which saturated	0.6g
Sodium	656mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 1
Day