



UCOOK

Hoisin Tofu Power Bowl

with edamame beans, pineapple & pickled ginger

A nutritious, flavour-packed veggie power bowl crammed with crispy oriental-spiced tofu chunks, a spicy rainbow veggie medley of edamame beans, carrots, cabbage and juicy pineapple and red quinoa coated in a sticky hoisin sauce of your dreams, all sprinkled with sesame seeds and fresh coriander.


Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Ella Nasser

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Classique NV

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Ingredients & Prep

300ml	Quinoa
170ml	Hoisin Sauce
20ml	Mixed Sesame Seeds
160g	Pineapple Chunks <i>drained & cut into bite-sized pieces</i>
200g	Edamame Beans
2	Fresh Chillies <i>deseeded & finely sliced</i>
300g	Shredded Cabbage & Julienne Carrot
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>cut into wedges</i>
440g	Non-GMO Tofu <i>cut into bite-sized chunks</i>
20ml	NOMU Oriental Rub
60g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

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

1. POPPING QUINOA Rinse the quinoa and place in a pot. Submerge in 800ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for at least 5 minutes. Once cooled, toss the hoisin sauce through the quinoa until fully incorporated.

2. TOASTED SESAME Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion.

3. MAKE THE SALSA Place the pineapple chunks, edamame beans, sliced chillies (to taste), the carrot and cabbage, and ½ the chopped coriander in a bowl. Add a squeeze of lemon juice and toss until combined.

4. ORIENTAL TOFU Return the pan to a medium-high heat with a drizzle of oil. Toss the tofu chunks in the oriental rub and fry for 3-4 minutes on each side until crispy and golden all over. For the crispiest results, you'll need to do this step in batches to avoid overcrowding the pan. Remove from the pan on completion.

5. NOURISHING & HEARTY Plate up the sticky quinoa and top with the tofu chunks. Side with the salsa slaw. Garnish with the toasted sesame seeds and the remaining chopped coriander. Serve with the chopped pickled ginger and any remaining lemon wedges on the side for that extra zing!

Nutritional Information

Per 100g

Energy	510kJ
Energy	122Kcal
Protein	5.7g
Carbs	19g
of which sugars	6.6g
Fibre	2.6g
Fat	2.9g
of which saturated	0.2g
Sodium	222mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 1
Day