

UCCOOK

Umami Tofu & Roasted Vegetables

with coconut rice

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Niñída | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	511kj	4111kj
Energy	122kcal	983kcal
Protein	3.5g	28.4g
Carbs	19g	152g
of which sugars	4.9g	39.2g
Fibre	2.2g	17.6g
Fat	4g	32g
of which saturated	2.2g	17.7g
Sodium	195mg	1566mg

Allergens: Gluten, Sesame, Tree Nuts, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
300ml	400ml	Coconut Cream
300g	400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
30ml	40ml	NOMU Oriental Express
30g	40g	Cashew Nuts
90ml	125ml	Sweet Indo Soy Sauce
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Black Sesame Seeds
330g	440g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
1	1	Lemon <i>cut into wedges</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. COCONUT RICE Preheat the oven to 200°C. Place the rice in a pot with 600ml [800ml] of salted water and the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the liquid has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. ROAST VEGGIES Coat the broccoli with a drizzle of oil and season. Spread the carrot on a roasting tray. Coat in oil, NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes. At the halfway mark, give the tray a shift and add the broccoli. Alternatively, air fry at 200°C until crispy, 20-25 minutes.

3. TOAST Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. UMAMI TOFU Combine the soy sauce, garlic, and sesame seeds. Return the pan to medium-high heat with a drizzle of oil. Fry the tofu until crispy and golden, 2-3 minutes. Add the soy mixture and baste until coated, 2-3 minutes. Remove from the pan with any pan juices.

5. UMAMI DINNER Bowl up the coconut rice, top with the roasted veg, the umami tofu, and scatter over the nuts. Finish with a squeeze of lemon juice (to taste) and garnish with the coriander. Yum, Chef!