



UCOOK

Beer Battered Tofu

with salt and vinegar, baby potatoes & minty peas

This is comfort food at it's finest, a British classic with a twist! Golden vegan beer-battered 'tofish' and chips accompanied by mint-laced peas and a That Mayo Vegan dipping sauce. Super crisp on the outside, soft and tender on the inside — need we say more?

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Vegetarian

 Haute Cabrière | Pierre Jourdan Brut

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

750g	Baby Potatoes <i>rinsed & halved</i>
15ml	Coriander-Parsley Rub
330g	Non-GMO Tofu <i>drained</i>
45ml	Low Sodium Soy Sauce
60ml	Apple Cider Vinegar
2	Nori Sheets
45ml	That Mayo (Vegan)
300g	Peas
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
375ml	Tempura Flour
1 bottle	Non-alcoholic Beer <i>(you won't be using all of the beer)</i>
2	Lemons <i>1½ cut into wedges</i>

From Your Kitchen

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

1. POTATOES GONNA POTATE Preheat the oven to 200°C. Spread the halved baby potatoes on the roasting tray in a single layer. To ensure crispness – use two trays! Coat in oil, the coriander-parsley rub and season. Roast in the hot oven for 35-40 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. TOFU MARINADE & NORI Cut the drained tofu slabs in half lengthways, then cut each half diagonally to get 4 triangles per portion. In a shallow dish combine the soy sauce and vinegar. Cut the nori into triangles a similar size to the tofu. Press each piece onto the flat side of each tofu triangle. Place (tofu-side down) in the dish with the marinade. Allow to rest in the fridge for at least 15 minutes. Place the remaining nori in the oven (no need for a roasting tray) and roast for 1-2 minutes until crispy. Remove and when cool enough to handle, crumble and set aside.

3. SOY-DELICIOUS MAYO Remove the marinating tofu from the fridge. Place the mayo in a bowl with 3 tsp of the marinade, and season to taste. Mix to combine and set aside. Return the marinating tofu to the fridge.

4. MINTY PEAS Place a pan over a medium-high heat with a drizzle of oil. Once hot, add the peas and fry for 3-5 minutes until heated through. On completion, remove from the heat, stir through the crumbled nori, $\frac{3}{4}$ of the chopped mint and season. Cover to keep warm and set aside.

5. BATTER & FRY Place a large pot over a medium-high heat. Fill with enough oil to deep-fry the tofu. Place $\frac{3}{4}$ of the tempura flour in a bowl. Gradually mix in 150ml of beer (you won't be needing the rest of the beer), and some seasoning until fully combined. In another shallow bowl, place the remaining tempura flour. When the oil is hot, remove each tofu triangle from the marinade, dip into the tempura flour and then into the batter. Carefully lower each piece into the hot oil. Deep-fry for 3-5 minutes until the batter is golden and crispy. You may need to do this in batches. On completion, remove from the pan and place on paper towel. Season and allow to drain.

6. TOFISH N' CHIPS Dish up the crispy tofu and golden baby potatoes. Side with the minty peas and garnish with the remaining mint and lemon wedges. Don't forget your soy-vinegar mayo for dunking. Enjoy, Chef!



Chef's Tip

Pressing tofu is key in getting the best texture and firming it up for cooking. Wrap it in a clean dish towel or paper towel and put it between two heavy objects (bulky cutting boards) for 15-20 minutes.

Nutritional Information

Per 100g

Energy	461kJ
Energy	110Kcal
Protein	4.1g
Carbs	19g
of which sugars	2.1g
Fibre	2.4g
Fat	1.8g
of which saturated	0.4g
Sodium	206mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Soy

Cook
within
4 Days