



UCCOOK

Saucy Satay Tofu Burritos

with coconut yoghurt, brown rice & black beans

Tofu is the star of the show in these delicious saucy burritos! Wholewheat tortillas encase an ensemble of incredible ingredients, including bouncy tofu, fluffy brown rice, crunchy cucumber and a rich spicy peanut sauce.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Vegetarian

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

75ml	Brown Rice
15ml	Orange Vinegar <i>(10ml Orange Juice & 5ml Rice Wine Vinegar)</i>
15ml	Story Time Plain Peanut Butter
10ml	Spice & All Things Nice Thai Red Curry Paste
60g	Black Beans <i>drained & rinsed</i>
50g	Cucumber <i>sliced into half-moons</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
110g	Non-GMO Tofu <i>drained, pat dry & sliced into 1cm thick slabs</i>
2	Wholewheat Tortillas
30ml	Coconut Yoghurt

From Your Kitchen

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

1. THE NICEST RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up the rice with a fork.

2. SPICY SATAY & BEAN SALSA In a bowl, combine the orange vinegar, peanut butter, seasoning, and curry paste (to taste). Loosen with water in 5ml increments until a drizzling consistency. In a separate bowl, combine the drained black beans, cucumber half-moons, ½ the chopped coriander, a drizzle of oil, and seasoning. Set aside.

3. SIZZLING TOFU Place a pan over a high heat with a drizzle of oil. When hot, fry the tofu slabs for 1-2 minutes per side until lightly golden. Remove the pan from the heat and pour in the spicy satay sauce (to taste). Toss the tofu slabs until fully coated in the sauce.

4. WARM THE 'TILLAS Place a pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

5. THE BEST BURRITOS! Assembly time! Lay down the toasted tortillas and smear with the coconut yoghurt. Top with the brown rice, the saucy tofu, and the black bean salsa. Drizzle over any remaining spicy satay sauce from the pan and sprinkle with the remaining coriander. Wrap it up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	764kJ
Energy	183Kcal
Protein	7.3g
Carbs	27g
of which sugars	1.9g
Fibre	3.1g
Fat	5.4g
of which saturated	1.4g
Sodium	220mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days