



# UCOOK

## Vegan Caribbean Tofu Pelau

**with toasted cashew nuts & pineapple pieces**

Imagine a rice pilaf but with Caribbean flavours, and you have the answer to the question: What is pelau? Similar to dishes like jambalaya and paella, rice is cooked with vegetables, aromatics, and a protein. In this vegan version, that's kidney beans, together with charred bell pepper and golden tofu. Finish with pineapple pieces for sweetness.

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Serves:** 1 Person

**Chef:** Kate Gomba

Veggie

Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc 2019

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into small bite-sized pieces</i>
20ml	Tomato Paste
10ml	Jerk Seasoning
75ml	White Basmati Rice <i>rinse</i>
100ml	Coconut Cream
15g	Cashew Nuts <i>roughly chop</i>
110g	Non-GMO Tofu <i>drain &amp; cut into bite-sized pieces</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into bite-sized pieces</i>
120g	Kidney Beans <i>drain &amp; rinse</i>
40g	Tinned Pineapple Pieces <i>drain</i>

## From Your Kitchen

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

**1. RICE** Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions and the carrot pieces until turning golden, 4-5 minutes. Add the tomato paste and the jerk seasoning, and fry until fragrant, 1-2 minutes. Add the rinsed rice, the coconut cream, and 75ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes.

**2. TOAST** While the rice is cooking, place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. TOFU** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 3-5 minutes (shifting as they colour). Remove from the pan and season.

**4. CHARRED PEPPERS** Return the pan to medium heat with a drizzle of oil. When hot, fry the pepper pieces until lightly charred, 2-3 minutes. Remove from the pan and season.

**5. MIX IT UP!** When the coconut rice is done, remove from the heat. Mix in the drained beans, the charred peppers, and the golden tofu and cover with a lid. Allow to steam until the beans are warmed through, 8-10 minutes.

**6. TIME TO EAT** Make a bed of the loaded rice, top with the drained pineapple pieces, and scatter over the toasted nuts. Well done, Chef!

## Nutritional Information

Per 100g

Energy	414kJ
Energy	99kcal
Protein	3.5g
Carbs	13g
of which sugars	3.5g
Fibre	2.3g
Fat	3.2g
of which saturated	1.8g
Sodium	22mg

## Allergens

Allium, Sulphites, Tree Nuts, Soy

Eat  
Within  
4 Days