



UCOOK

Tantalising Tandoori Tofu

with quinoa & a luxury cabbage, apple and sultana slaw

These tofu skewers are marinated in tandoori spices, pan-fried for an irresistible crunch, and perched on a bed of quinoa. On the side is an equally lip-smacking slaw of apple, cabbage, sultanas, and parsley — all in a lemon-yoghurt dressing.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tami Schrire

 **Vegetarian**

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Ingredients & Prep

75ml	White Quinoa
10ml	NOMU Tandoori Rub
1	Garlic Clove <i>peeled & grated</i>
110g	Tofu <i>drained</i>
40ml	Plain Yoghurt
1	Lemon <i>one ½ cut into wedges</i>
1	Apple <i>rinsed</i>
75g	Shredded Cabbage
10g	Sultanas
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
50g	Kale <i>rinsed & roughly shredded</i>
2	Wooden Skewers

From Your Kitchen

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

1. INFUSE THE TOFU In a bowl, combine the Tandoori Rub, the grated garlic, a splash of olive oil, and some seasoning to taste. Cut the drained tofu into 2cm thick squares and place in the bowl of marinade. Toss to coat and set aside.

2. NUTRITIOUS QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of salted water, place over a medium-high heat, and bring to a simmer uncovered. 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. Cover with a lid and set aside to steam.

3. DRESS UP THAT SLAW Combine the yoghurt with some lemon juice and seasoning to taste. Slice ½ of the apple into thin matchsticks and place in a bowl with the cabbage. Toss through the yoghurt dressing, the sultanas, and ¾ of the chopped parsley. Set aside for serving.

4. SAUTÉ THE KALE Place the shredded kale in a bowl with a drizzle of oil, a squeeze of lemon, and some seasoning. Using your hands, massage until softened and coated. Place a nonstick pan over a medium heat. When hot, sauté the softened kale for 2-3 minutes until wilted. Return to the bowl, cover with a plate, and set aside to keep warm.

5. SIZZLING SKEWERS Slide 4 tofu cubes onto each skewer, reserving the leftover marinade in the bowl. Return the pan to a medium-high heat with a generous drizzle of oil. When hot, fry the tofu for 3-4 minutes per side until crispy and golden all over. As it cooks, baste it with the reserved marinade. Remove from the pan and season well with salt, reserving the oil for plating. Stir the kale through the cooked quinoa.

6. TIME TO DIG IN Dish up the emerald quinoa and side with the creamy slaw. Top with the crispy tofu skewers, drizzle over the reserved spicy oil, and garnish with the remaining parsley. Serve with any leftover lemon wedges. Absolutely fabulous!



Chef's Tip

Fry the tofu in batches if necessary to avoid overcrowding the pan, or you could end up with mushy tofu instead of crispy tofu! For the tastiest results, make sure to fry all sides of the cubes.

Nutritional Information

Per 100g

Energy	471kJ
Energy	112Kcal
Protein	5.4g
Carbs	18g
of which sugars	4.7g
Fibre	3.3g
Fat	2.6g
of which saturated	0.3g
Sodium	189mg

Allergens

Dairy, Allium, Sulphites, Soy

Cook
within 3
Days