



# UCOOK

## Crispy Tofu & Creamy Tomato Orzo

with lemon cashew cream cheese

Ready to make a gorgeous plate of food, Chef? You will start with a bed of al dente orzo pasta, coated in a rich, tangy tomato sauce. Top this with crispy, herb-crusted tofu slices, then drizzle a zesty lemon cashew cream cheese sauce over. Finish with toasted seeds. Looks almost too good to eat!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kelly Fletcher

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Veggie

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Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

330g	Non-GMO Tofu <i>drain &amp; slice into thick slabs</i>
30ml	Low Sodium Soy Sauce
300ml	Orzo Pasta
30g	Sunflower Seeds
2	Onions <i>peel &amp; finely dice 1½</i>
2	Garlic Cloves <i>peel &amp; grate</i>
300ml	Tomato Passata
45ml	Orzo Seasoning <i>(30ml Nutritional Yeast &amp; 15ml Vegetable Stock)</i>
2	Lemons <i>rinse &amp; cut into wedges</i>
75ml	Cashew Nut Cream Cheese
90ml	Cake Flour
330ml	Herb Crumb <i>(300ml Panko Breadcrumbs &amp; 30ml NOMU Italian Rub)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. MARINATION** In a bowl, coat the tofu slabs in the soy sauce, a drizzle of oil, and seasoning. Set aside.

**2. ORZO** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

**3. TOASTY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SAUCE, SAUCE & MORE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1 minute (shifting constantly). Pour in the tomato passata. Mix through the orzo seasoning, and 450ml of water. Lower the heat and simmer until reduced, 10-12 minutes (stirring occasionally). In the final minute, add a sweetener (to taste), a squeeze of lemon juice (to taste), the cooked orzo, and seasoning. Remove from the heat. Loosen with the reserved pasta water if too thick.

**5. TANGY CREAM CHEESE** In a small bowl, combine the cashew cream cheese with a squeeze of lemon juice (to taste), and seasoning. Set aside.

**6. CRUMBED** In a shallow bowl, combine the flour (seasoned lightly) with 180ml of water until smooth. Prepare another dish with the herb crumb. Dip the tofu slices into the wet flour mixture and then into the dry crumb. Place a clean pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden brown, 1-2 minutes per side. Drain on paper towel and season.

**7. TIME TO EAT** Serve up the tomato orzo and lay over the crispy tofu slices. Drizzle with the lemon cashew cream cheese. Scatter over the sunflower seeds. There you have it!

## Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	5.1g
Carbs	20g
of which sugars	3g
Fibre	2.4g
Fat	2.3g
of which saturated	0.3g
Sodium	173mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Soy

Eat  
Within  
4 Days