



# UCOOK

## Sticky Plum Tofu & Rice

with edamame beans & chilli flakes

Sweet-sour plum sauce covers crispy tofu slabs, which are dished up on a bed of baby marrow, carrot, onion, garlic & chilli-loaded rice. An umami-rich UCOOK Oriental sauce elevates this dish from a great dinner to a veggie winner. Garnished with a scattering of plump edamame beans and fresh coriander.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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Veggie

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Groote Post Winery | Groote Post Shiraz

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
150g	Edamame Beans
2	Onions <i>peel &amp; roughly dice 1½</i>
90ml	Oriental Sauce <i>(30ml Rice Wine Vinegar &amp; 60ml Low Sodium Soy Sauce)</i>
360g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
300g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
2	Garlic Cloves <i>peel &amp; grate</i>
15ml	Dried Chilli Flakes
330g	Non-GMO Tofu <i>drain &amp; slice into thick slabs</i>
90ml	Cornflour
125ml	Plum Sauce
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. FLUFFY RICE** Place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. EDAMAME** Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**3. FRY THE VEGGIES** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onions and the carrot pieces until the onions are soft, 6-7 minutes (shifting occasionally). Add the baby marrow pieces and fry until turning golden, 5-6 minutes. Add the grated garlic and the chilli flakes (to taste), and fry until fragrant. Mix in the fluffy rice and the oriental sauce. Remove from the heat and season.

**4. STICKY TOFU** Place a pan over medium heat with enough oil to cover the base. Coat the sliced tofu in the cornflour and season. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the heat, drain the oil from the pan, and baste with the plum sauce.

**5. DINNER IS READY** Make a bed of the loaded rice, top with the sticky tofu, and scatter over the plumped edamame beans. Garnish with the chopped coriander. Good job, Chef!

## Nutritional Information

Per 100g

Energy	452kj
Energy	108kcal
Protein	3.8g
Carbs	20g
of which sugars	4.9g
Fibre	1.7g
Fat	1.1g
of which saturated	0.1g
Sodium	184mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat  
Within  
4 Days