



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.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jade Summers

Veggie

Groote Post Winery | Groote Post Shiraz

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Ingredients & Prep

200ml	Jasmine Rice <i>rinse</i>
100g	Edamame Beans
60ml	Oriental Sauce <i>(20ml Rice Wine Vinegar & 40ml Low Sodium Soy Sauce)</i>
1	Onion <i>peel & roughly dice</i>
240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Dried Chilli Flakes
220g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
60ml	Cornflour
80ml	Plum Sauce
5g	Fresh Coriander <i>rinse, pick & 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 400ml 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, 5-6 minutes (shifting occasionally). Add the baby marrow pieces and fry until turning golden, 4-5 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