



UCOOK

Sweet n' Sour Tofu Bowl

with tamari-infused rice & crunchy cashews

Try this warming bowl of crispy tofu, sweet pineapple and juicy onions all coated in a flavoursome sweet n' sour sauce. Served on top of tamari-infused jasmine rice and topped with sprinkles of edamame beans, crunchy cashews, pickled peppers, and fresh coriander.


Hands-On Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Thea Richter

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

400ml	Jasmine Rice <i>rinsed</i>
60g	Cashew Nuts
200g	Edamame Beans
440g	Non-GMO Tofu
250ml	Cornflour
2	Onions <i>peeled & cut into 1cm thick slices</i>
4	Garlic Cloves <i>peeled & grated</i>
240g	Tinned Pineapple Pieces <i>drained</i>
250ml	Sweet 'n Sour Sauce <i>(125ml Tomato Sauce & 125ml Rice Wine Vinegar)</i>
60ml	Tamari
200g	Pickled Bell Peppers <i>drained & roughly chopped</i>
15g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. RICE RICE BABY Boil the kettle. Place the rinsed rice in a pot. Submerge in 600ml of salted water, cover, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and set aside to steam for a further 10 minutes until cooked and tender. On completion, drain if necessary and return to the pot and cover.

2. NUTS ABOUT BEANS Place the cashews in a large pan over a medium heat. Toast for 3-5 minutes until golden. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion and set aside.

3. CRISPY TOFU Pat the tofu dry with paper towel and cut into bite-sized chunks. Place 4 tsp of the cornflour in a bowl, pour in 1 tbsp of water, and add a pinch of salt. Mix until fully combined. Place a large pot over medium-high heat and fill with 4-5cm of oil. Place the remaining cornflour in a separate bowl and season well. Add the tofu to the bowl of cornflour paste, and toss until fully coated. One by one, remove each piece and coat in the dry cornflour, dusting off any excess before transferring to a plate. Once the oil is hot, deep fry the tofu for 3-4 minutes until crispy and cooked through. Remove on completion and drain on paper towel.

4. A LIL SWEET & A LIL SOUR Return the pan to the heat with a drizzle of oil. When hot, fry the onion slices for 6-8 minutes until soft and translucent, shifting occasionally. Add the grated garlic and sauté for 1-2 minutes until fragrant. Mix in the pineapple pieces and fry for 3-4 minutes until heated through. Stir through the sweet 'n sour sauce and 80ml of a sweetener of choice. Allow to come to a boil, then immediately remove from heat. Stir through the tofu pieces until fully coated. Season to taste, cover, and set aside for serving.

5. ALMOST THERE Once the rice is cooked and drained, fluff up with a fork and stir through the tamari until fully coated.

6. STICKY & SATISFYING SUPPER Serve up a helping of tamari-infused rice and cover in sweet 'n sour tofu. Scatter over the chopped cashews, pickled peppers, drained edamame beans and chopped coriander. Simply gorgeous, Chef!

Nutritional Information

Per 100g

Energy	604kJ
Energy	144Kcal
Protein	4.6g
Carbs	25g
of which sugars	5.1g
Fibre	1.5g
Fat	2.7g
of which saturated	0.4g
Sodium	331mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days