

# 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 Asian 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:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jade Summers

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 Veggie

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 Strandveld | Grenache

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## Ingredients & Prep

400ml	Jasmine Rice <i>rinsed</i>
200g	Edamame Beans
2	Onions <i>peeled &amp; roughly diced</i>
480g	Carrot <i>rinsed, trimmed, peeled &amp; cut into bite-sized pieces</i>
400g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
20ml	Dried Chilli Flakes
120ml	Asian Sauce <i>(40ml Rice Wine Vinegar &amp; 80ml Low Sodium Soy Sauce)</i>
440g	Non-GMO Tofu <i>cut into 8 slices lengthways</i>
125ml	Cornflour
160ml	Plum Sauce
10g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. FLUFFY RICE** Place the rinsed rice in a pot with 800ml 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, 7-8 minutes (shifting occasionally). Add the baby marrow pieces and fry until turning golden, 5-6 minutes. Add the grated garlic, the chilli flakes (to taste), and fry until fragrant. Mix in the fluffy rice and the Asian 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 with 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	496kJ
Energy	118kcal
Protein	4g
Carbs	23g
of which sugars	5.6g
Fibre	1.7g
Fat	1.2g
of which saturated	0.1g
Sodium	200mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within  
4 Days