



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.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jade Summers

 Veggie

 Strandveld | Grenache

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Ingredients & Prep

400ml	Jasmine Rice <i>rinsed</i>
200g	Edamame Beans
2	Onions <i>peeled & roughly diced</i>
480g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
400g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
20ml	Dried Chilli Flakes
120ml	Asian Sauce <i>(40ml Rice Wine Vinegar & 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 & 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