



# UCCOOK

## Sweet 'n Sour Tofu Bowl

**with tamari-infused rice & crunchy cashews**

Try this warming bowl of crispy tofu, sweet stonefruit 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, piquanté peppers and spring onion.

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**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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Veggie

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Strandveld | Adamastor White Blend

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## Ingredients & Prep

400ml	Jasmine Rice <i>rinse</i>
60g	Cashew Nuts <i>roughly chop</i>
200g	Edamame Beans
440g	Non-GMO Tofu
250ml	Cornflour
2	Onions <i>peel &amp; roughly slice</i>
4	Garlic Cloves <i>peel &amp; grate</i>
4	Stonefruit <i>rinse &amp; cut into thin wedges, discarding the pip</i>
250ml	Sweet 'n Sour Sauce <i>(125ml Tomato Sauce &amp; 125ml Rice Wine Vinegar)</i>
60ml	Tamari
80g	Piquanté Peppers <i>drain</i>
2	Spring Onions <i>rinse, trim &amp; finely slice</i>

## From Your Kitchen

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

**1. FLUFFY RICE** Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid 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. NUTS ABOUT BEANS** Boil the kettle. Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain 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 with 2 tsp of water, and a pinch of salt. Mix until fully combined. Prepare another dish with the remaining cornflour and seasoning. Place a pot over medium-high heat and fill with 4-5cm of oil. Dip the tofu chunks into the wet flour mixture and then into the dry cornflour, dusting off any excess cornflour before transferring to a clean plate. Once the oil is hot, deep fry the tofu for 3-4 minutes until crispy and cooked through. Remove and drain on paper towel.

**4. SWEET & SOUR** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the grated garlic and stonefruit wedges. Stir through the sweet 'n sour sauce and 80ml of a sweetener. Allow to come to the boil, then immediately remove from the 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, fluff up with a fork and stir through the tamari until it's evenly distributed.

**6. SATISFYING SUPPER** Serve up a helping of tamari-infused rice and cover in sweet 'n sour tofu. Scatter over the chopped cashews, drained piquanté peppers, drained edamame beans and sliced spring onion (to taste). Simply gorgeous, Chef!



## Chef's Tip

If you're feeling fancy, why not char some of the stonefruit for plating? Place a pan over medium-high heat. When hot, add the stonefruit and fry for 1-2 minutes per side until charred.

## Nutritional Information

Per 100g

Energy	531kj
Energy	127kcal
Protein	4g
Carbs	22g
of which sugars	4.4g
Fibre	1.6g
Fat	2.1g
of which saturated	0.3g
Sodium	98mg

## Allergens

Allium, Sulphites, Tree Nuts, Soy

Eat  
Within  
4 Days