



UCOOK

Tossed Thai Salad

with soy-marinated tofu & red quinoa

This showstopper is easy, nutritious, and packs one heck of a flavour punch! Warm red quinoa, plump peas, leafy greens, and crunchy slaw are tossed in a rich Thai dressing of peanut butter, ginger, lime, soy, maple syrup, and sesame oil. Topped with juicy marinated tofu and toasted peanuts.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Leopard's Leap | Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Thai Tofu Marinade <i>(30ml Low Sodium Soy Sauce, 10ml Sesame Oil, 30ml Maple Syrup & 30ml Rice Wine Vinegar)</i>
1	Lime <i>½ zested & cut into wedges</i>
10g	Fresh Ginger <i>peeled & grated</i>
110g	Non-GMO Tofu
15g	Peanuts
75ml	Red Quinoa
40g	Peas
20ml	Peanut Butter
100g	Cabbage <i>thinly sliced</i>
75g	Julienne Carrots
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. OH MY, MY, MARINADE! Place the Thai tofu marinade in a shallow bowl and mix in ½ of the lime zest and ½ of the grated ginger. Pat the tofu dry with paper towel and cut into cubes. Place in the bowl and toss to coat. Set aside to marinate for 10-15 minutes. Place a nonstick pan over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. BUBBLE UP THE QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Once simmering, cook for 15-20 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Toss through the peas, cover with a lid, and allow to stand off the heat for at least 5 minutes.

3. TOFU-RIFIC! When the tofu has finished marinating, return the pan to a medium-high heat with a drizzle of oil. When hot, fry the tofu for 3-4 minutes per side, reserving the marinade in the bowl. On completion, it should be crispy and golden, so make sure to fry it on all sides! Remove from the pan and set aside to drain on some paper towel. Place the peanut butter in a small bowl and gradually whisk in the reserved marinade in 5ml increments until drizzling consistency. Set aside for serving.

4. TOSS IT ALL TOGETHER When the quinoa and peas are ready, transfer to a salad bowl with the sliced cabbage, julienne carrot, and white spring onion slices. Add in the lime juice to taste, the remaining zest and ginger, and some seasoning. Gently toss for a full minute until evenly distributed.

5. GET READY FOR DINNER Dish up a pile of tantalising Thai salad and side with the rinsed leaves. Top with the fried tofu and drizzle over the peanut sauce. Finish with sprinkles of chopped, toasted peanuts, green spring onion slices, and any remaining lime wedges. Serve any remaining marinade on the side for extra sauce if you'd like. What a breeze!



Chef's Tip

The biggest mistake you can make when trying to sear any ingredient? Starting with a room temperature pan! Give the oil and pan time to warm up before you add in the tofu so that it gets an even blast of heat.

Nutritional Information

Per 100g

Energy	640kj
Energy	153kcal
Protein	5.9g
Carbs	18g
of which sugars	7.3g
Fibre	2.8g
Fat	6.2g
of which saturated	0.9g
Sodium	223mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within 1
Day