



QCOOK

Tofu Satay Toss-up

with peanuts, bulgur wheat & creamy satay sauce

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	454kj	3643kj
Energy	109kcal	872kcal
Protein	4.4g	35.1g
Carbs	13g	107g
of which sugars	2.5g	20.3g
Fibre	3.1g	25g
Fat	4.7g	37.7g
of which saturated	0.7g	5.8g
Sodium	143mg	1149mg

Allergens: Sulphites, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Thai Tofu Marinade <i>(30ml [60ml] Low Sodium Soy Sauce, 15ml [30ml] Sesame Oil & 30ml [60ml] Rice Wine Vinegar)</i>
1	1	Lemon <i>cut into wedges</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
110g	220g	Non-GMO Tofu
15g	30g	Peanuts <i>roughly chop</i>
1	1	Onion <i>peel & roughly slice</i>
75ml	150ml	Bulgur Wheat <i>rinse</i>
20ml	40ml	Peanut Butter
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Edamame Beans

From Your Kitchen

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

1. OH MY, MY, MARINADE! In a shallow bowl, combine the Thai tofu marinade, the juice of 1 [2] lemon wedge/s, 15ml [30ml] of sweetener, and 1/2 the ginger. Pat the tofu dry with paper towel and cut into bite-sized cubes. Place in the bowl and toss to coat. Set aside to marinate for 10-15 minutes.

2. TOASTED PEANUTS Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ODE TO AN ONION Return the pan to medium-high heat with a drizzle of oil. Fry the onion until browned and softening, 6-7 minutes (shifting occasionally). Season, remove from the pan, and set aside.

4. STEAMY BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, add the edamame beans and fluff with a fork. Place the lid on the pot and set aside.

5. TOFU-RIFIC! When the tofu has finished marinating, return the pan to medium-high heat with a drizzle of oil. Fry the tofu until golden and crispy, reserving the marinade in the bowl, 3-4 minutes per side. Drain on paper towel.

6. PEANUT SAUCE Place the peanut butter in a small bowl and gradually whisk in the reserved marinade in 5ml increments until a drizzling consistency. Season and set aside.

7. TOSS IT ALL TOGETHER To the bowl of bulgur wheat, toss through the onion, the carrot matchsticks, and the green leaves. Add the juice of 1 [2] lemon wedge/s, the remaining ginger, and seasoning. Gently toss until evenly distributed.

8. GET READY FOR DINNER Dish up the tantalising Thai salad. Top with the tofu and drizzle over the peanut sauce. Finish with sprinkles of toasted peanuts. Serve any remaining marinade on the side.