



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.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

Veggie

Strandveld | Adamastor White Blend

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
15g	Cashew Nuts <i>roughly chop</i>
50g	Edamame Beans
110g	Non-GMO Tofu
65ml	Cornflour
1	Onion <i>peel & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
1	Stonefruit <i>rinse & cut into thin wedges, discarding the pip</i>
60ml	Sweet 'n Sour Sauce <i>(30ml Tomato Sauce & 30ml Rice Wine Vinegar)</i>
15ml	Tamari
20g	Piquanté Peppers <i>drain</i>
1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

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

1. RICE RICE BABY Place the rinsed rice in a pot with 200ml 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 1 tsp of the cornflour in a bowl with $\frac{1}{2}$ a 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, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the grated garlic and stonefruit wedges. Stir through the sweet 'n sour sauce and 20ml 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