



# U C O O K

— COOKING MADE EASY

## Fusion Tofu & Butternut Bowl

**with brown basmati, nori & a miso and tahini sauce**

A sauce of nutty tahini and sesame oil, umami miso, and salty nori give this wholesome bowl the depth of flavour your week deserves! It's brimming with butternut, kale, and crispy tofu, with an added kick from ginger and garlic.

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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 **Vegetarian**

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## Ingredients & Prep

100ml	Brown Basmati Rice
5ml	Vegetable Stock
1	Spring Onion <i>thinly sliced, white &amp; green parts separated</i>
250g	Butternut <i>peeled &amp; cut into bite-size chunks</i>
10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
50g	Kale <i> rinsed &amp; shredded</i>
110g	Tofu <i>drained &amp; cut into 2cm thick slabs</i>
30ml	Miso Paste
25ml	Tahini
7.5ml	Sesame Oil
1	Nori Sheet <i>cut into thin strips</i>
3g	Fresh Coriander <i> rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. GET YOUR RICE GOING** Rinse the rice and place in a pot over a medium-high heat. Submerge in 200ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and return to the pot. Replace the lid and set aside to keep warm until serving.

**2. SAUCY BUTTERNUT** Boil the kettle. Dilute the stock with 200ml of boiling water. Place a pot over a medium-high heat with a drizzle of oil. When hot, fry the white spring onion slices and the butternut chunks for 3-5 minutes until lightly browned, shifting frequently. Add the grated garlic and ginger, and fry for 30-60 seconds until fragrant, shifting constantly. Pour in the diluted stock and bring to a gentle simmer. Allow to cook for 8-10 minutes until the butternut is cooked through but not too soft, stirring occasionally.

**3. WHILE THE BUTTERNUT IS SIMMERING...** Place a pan over a medium-high heat with a drizzle of oil. When hot, sauté the shredded kale for 2-3 minutes until wilted and bright green. Remove from the pan on completion and set aside in a sieve over the sink to drain any moisture.

**4. CRISP THE TOFU** Wipe down the pan and return it to a medium-high heat with a generous drizzle of oil. Pat the slabs of tofu dry with some paper towel. When the pan is hot, fry the tofu for 3-4 minutes on each side until crispy and golden all over. Remove from the pan on completion, cover to keep warm, and set aside for serving.

**5. MISO MAGIC** In a bowl, whisk together the miso paste, tahini, and sesame oil. Add 2 tbsp of warm water from the kettle and whisk until smooth and combined. Once the butternut is cooked, add in the miso mixture and stir for 1-2 minutes until heated and evenly coating the butternut. Stir through the drained kale until reheated and coated in sauce. Remove from the heat on completion and season with salt, pepper, and sweetener of choice to taste.

**6. A BOWL OF TOFU TASTINESS!** Dish up some tender basmati rice, cover in the miso-tahini butternut, and lay the golden tofu over the top. Garnish with the nori strips (to taste), the green spring onion slices, and the chopped coriander. Yum!



## Chef's Tip

Fry the tofu in batches if necessary to avoid overcrowding the pan, or you could end up with mushy tofu instead of crispy tofu! For the tastiest results, make sure to fry all sides of the tofu slabs — even the smaller sides!

## Nutritional Information

Per 100g

Energy	599kJ
Energy	143Kcal
Protein	5.7g
Carbs	20g
of which sugars	1.6g
Fibre	3.5g
Fat	5g
of which saturated	0.6g
Sodium	331mg

## Allergens

Allium, Sesame, Sulphites, Soy

Cook  
within  
4 Days