



UCOOK

Coconut Crusted Tofu Satay

with sushi rice, kale & pickled veg

We've made this tropical dish vegan with beautiful coconut crusted tofu. Complete with sensuous satay sauce and creamy coconut sushi rice. This satisfying dish will take you to a tranquil island beach vacation. And couldn't we all use one of those right about now?

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

100ml	Sushi Rice
100ml	Coconut Milk
1	Onion <i>½ peeled & finely diced</i>
20ml	Story Time Peanut Butter
15ml	Red Wine Vinegar
50g	Cucumber <i>cut into half-moons</i>
15g	Jalapeño Relish
80g	Kale <i>rinsed & roughly shredded</i>
30ml	Desiccated Coconut
110g	Non-GMO Tofu <i>drained & sliced into 2cm thick slabs</i>
30ml	Cornflour
4g	Fresh Coriander <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. COCO-RICE Rinse the rice under cold water until it runs clear. Place in a lidded pot, over medium-high heat with 200ml of salted water, ½ the coconut milk and a sweetener of choice. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

2. PREP Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onions with sweetener of choice for 3-4 minutes until soft and translucent. Add in the peanut butter and mix to form a paste. Add water in 5ml increments until pourable and simmer for 2-3 minutes. In a bowl, combine the vinegar, sliced cucumbers and ½ of the jalapeño relish. Set aside to pickle for 5 minutes then drain.

3. KALE Place the shredded kale on a roasting tray with a drizzle of oil, and seasoning. Using your hands, massage until softened and evenly coated. Spread out in a single layer and roast in the oven for 8-10 minutes until crispy, shifting halfway. Remove from the oven on completion.

4. TOFU Fill three shallow dishes respectively; one containing the remaining coconut milk, one containing the cornstarch (lightly seasoned), and one containing the desiccated coconut. Pat the drained tofu dry. Coat in the cornstarch, then dip into coconut milk, then the desiccated coconut – press into the tofu so it sticks and coats evenly. Add any remaining coconut milk to the peanut sauce.

5. SLABS Return the pan to a high heat with enough oil to cover the base. When hot, fry the tofu slabs for 2-3 minutes per side, turning as they colour, until crispy and golden. On completion, transfer to the tray that was used for the kale, and pop in the oven for 2-3 minutes to crisp!

6. HOLIDAY! Drizzle satay sauce over the coco-rice and top with the tofu, sprinkle over the chopped coriander and dollops of the remaining jalapeño relish. Serve the crispy kale on the side and top with the pickled cucumbers. Well done, Chef!



Chef's Tip

For the crispiest results, fry the tofu in batches if necessary to avoid overcrowding the pan. Make sure to fry all of its sides – even the smaller ones!

Nutritional Information

Per 100g

Energy	656kJ
Energy	157Kcal
Protein	4.4g
Carbs	18g
of which sugars	2.4g
Fibre	2g
Fat	7.4g
of which saturated	4.3g
Sodium	52mg

Allergens

Allium, Peanuts, Sulphites, Soy

Cook
within
4 Days