



# UCOOK

## Cornflake-crusted Tofu Bites

**with crispy smashed baby potatoes, cucumber & sweet chilli-mayo dressing**

If you're craving a very edgy, very v-edgy, vegan-friendly meal, this is the recipe for you, Chef! Double-coated tofu bites, with crunchy cornflakes and a special UCOOK tofu crumb, bring the crispy textures in heaps. Served with golden smashed potatoes, a cucumber salad, and toasted almonds for extra crunch.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Veggie

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Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

|       |                                                                                                                                |
|-------|--------------------------------------------------------------------------------------------------------------------------------|
| 400g  | Baby Potatoes<br><i>rinse</i>                                                                                                  |
| 30g   | Almonds                                                                                                                        |
| 160ml | Sweet Chilli Mayo<br><i>(100ml Mayo &amp; 60ml Sweet Chilli Sauce)</i>                                                         |
| 80ml  | Tofu Crumb<br><i>(30ml Cornflour, 10ml Garlic Powder, 10ml Onion Powder, 10ml Smoked Paprika &amp; 20ml Nutritional Yeast)</i> |
| 60ml  | Almond Milk                                                                                                                    |
| 60g   | Corn Flakes<br><i>finely crush</i>                                                                                             |
| 220g  | Non-GMO Tofu<br><i>drain &amp; dice into 2cm cubes</i>                                                                         |
| 40g   | Green Leaves<br><i>rinse</i>                                                                                                   |
| 200g  | Cucumber<br><i>rinse &amp; peel into ribbons</i>                                                                               |
| 2     | Spring Onions<br><i>rinse, trim &amp; finely slice</i>                                                                         |

## From Your Kitchen

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

**1. PARBOIL** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

**2. TOAST & PREP** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Loosen the sweet chilli mayo in 5ml increments until drizzling consistency.

**3. SMASHED POTATOES** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes.

**4. PREP** Prepare three shallow dishes: one containing the tofu crumb (lightly seasoned), one containing the almond milk, and the last one with the fine cornflakes. Coat the diced tofu in the seasoned flour, dusting off any excess flour. Coat in the almond milk, and lastly the cornflakes.

**5. CRISPY TOFU** Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

**6. JUST BEFORE SERVING** In a bowl, combine the rinsed green leaves, the cucumber ribbons, a drizzle of olive oil, and season.

**7. DINNER IS READY** Make a bed of the cucumber mix, top with smashed potatoes, and scatter over the golden tofu. Drizzle over the sweet chilli mayo, and sprinkle over the toasted almonds and the sliced spring onions. Well done, Chef!



## Chef's Tip

Air fryer method: Place the smashed potatoes in the air fryer tray. Drizzle with oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 612kJ   |
| Energy             | 146kcal |
| Protein            | 4.4g    |
| Carbs              | 17g     |
| of which sugars    | 3.1g    |
| Fibre              | 1.7g    |
| Fat                | 6.6g    |
| of which saturated | 0.5g    |
| Sodium             | 144mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites, Sugar  
Alcohol (Xylitol), Tree Nuts, Soy

Eat  
Within  
4 Days