



UCCOOK

No Noodle Tofu Stir-fry

with sliced cabbage, green beans & chilli flakes

A noodle-free stir-fry packed with cabbage, carrot, onion, green beans, and crispy tofu. Doused in a tasty stir-fry sauce and sprinkled with toasted chopped peanuts & chilli flakes. This dish has it all; flavour, crunch & spice!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon 2020

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Ingredients & Prep

30ml	Stir-fry Sauce <i>(20ml Tamari Sauce & 10ml Sesame Oil)</i>
30ml	Peanut Butter
1	Garlic Clove <i>peeled & grated</i>
5ml	Dried Chilli Flakes
10g	Peanuts <i>roughly chopped</i>
110g	Non-GMO Tofu <i>drained & cut into 1-2cm thick slabs</i>
1	Onion <i>½ peeled & cut into thick slices</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
100g	Baby Marrow <i>rinsed, trimmed & cut into 1cm thick strips</i>
100g	Cabbage <i>finely sliced</i>
120g	Carrot <i>peeled (optional) & grated</i>

From Your Kitchen

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

1. STIR-FRY SAUCE In a bowl, combine the stir-fry sauce, the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), 10ml of a sweetener of choice, and 30ml of water. Set aside.

2. TOASTY NUTS Place a non-stick pan over medium heat with the chopped peanuts. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and set aside for serving.

3. CRISPY TOFU Return the pan to high heat with a drizzle of oil. When hot, fry the tofu slabs for 3-4 minutes per side until crispy. Remove from the pan and season. Allow the tofu to cool slightly before cutting into bite-sized pieces.

4. STIR-FRY SAGA Return the pan to medium-high heat with a drizzle of oil. When hot, add the onion slices and fry for 3-4 minutes until soft, shifting occasionally. Add the sliced green beans and baby marrow strips and fry for 2-3 minutes until slightly softened, shifting occasionally. Add the sliced cabbage and the grated carrot and fry for 2-3 minutes until slightly softened but still crunchy, shifting occasionally. Add the peanut stir-fry sauce and tofu pieces and toss until fully combined. Leave to simmer for 1-2 minutes until slightly reduced, shifting occasionally. Loosen with a splash of water if the sauce reduces too quickly. Remove from the heat and season to taste.

5. YOU WON'T MISS THE NOODLES Plate up the loaded noodle-less stir-fry. Sprinkle over the toasted chopped peanuts and the remaining chilli flakes (to taste). Dive in, Chef!

Nutritional Information

Per 100g

Energy	391kJ
Energy	93kcal
Protein	4.3g
Carbs	6g
of which sugars	3.1g
Fibre	2.3g
Fat	5.4g
of which saturated	0.9g
Sodium	207mg

Allergens

Allium, Sesame, Peanuts, Soy

Cook
within 2
Days