



UCCOOK

Charred Sweetcorn & Chimichurri Bowl

with a creamy cashew nut cream cheese & tofu

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	511kJ	2600kJ
Energy	122kcal	622kcal
Protein	5.8g	29.4g
Carbs	18g	93g
of which sugars	2.4g	12g
Fibre	3.5g	17.6g
Fat	2.6g	13.4g
of which saturated	0.4g	2g
Sodium	288mg	1465mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Alcohol, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
22.5ml	30ml	Vegetable Stock
330g	440g	Non-GMO Tofu
150g	200g	Corn
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
30ml	40ml	Smoky Spice Mx <i>(15ml [20ml] Chilli Flakes, 7.5ml [10ml] Smoked Paprika & 7.5ml [10ml] Garlic Powder)</i>
90ml	125ml	White Wine
90ml	125ml	Cashew Nut Cream Cheese
30ml	40ml	Nutritional Yeast
150g	200g	Spinach <i>rinse</i>
125ml	160ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside. Dilute the stock with 300ml [400ml] of hot water and set aside.

2. TOFU Drain the tofu and slice into 2cm thick slabs. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and season.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, season, and set aside.

4. VEGGIE MEDLEY Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). In the final 2-3 minutes, add the smoky spice mix and fry until fragrant. Reduce the heat and add the white wine to deglaze the pan. Add the diluted stock and simmer until reduced, 4-5 minutes. Remove the pan from the heat and mix through the cashew nut cream cheese, ½ of the yeast, ½ of the corn and the tofu. Mix through the spinach and season well.

5. BEST EVER BOWL Bowl up the bulgur wheat and top with the tofu mixture. Scatter over the remaining corn and finish with dollops of the chimichurri sauce and a crack of black pepper. Dig in, Chef!