



UCCOOK

Vegan Tofu Taco Bowls

with coriander coconut yoghurt & charred peppers

It's taco 'o clock, Chef! Start looking forward to tasty morsels that will make anyone's mouth water - with tastes and textures of golden fried tofu in a tangy-chilli garlic tomato sauce layered with Mexican spices, balanced with charred peppers, cabbage and a cooling coriander yoghurt. Sided with nachos.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

 Veggie

 Strandveld | First Sighting Rosé

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Ingredients & Prep

1	Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
100g	Cabbage <i>rinsed & finely sliced</i>
120g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
20ml	Lemon Juice
50ml	Coconut Yoghurt
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
110g	Non-GMO Tofu <i>drained & cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Tomato Paste
10ml	NOMU Mexican Spice Blend
10ml	Colleen's Handmade Smoked Paprika Chilli Sauce
80g	Corn Nachos

From Your Kitchen

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

1. CHARRED PEPPERS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the sliced cabbage. Remove from the pan and set aside.

2. ZESTY VEG MEDLEY To the bowl of cabbage and peppers, toss through the carrot ribbons, the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

3. CORIANDER YOGHURT In a small bowl, combine the yoghurt with ½ the chopped coriander, a splash of water to loosen, and seasoning. Set aside.

4. CRISPY TOFU IN TOMATO Return the pan to medium-high heat with a drizzle of oil. When hot, fry the tofu pieces until golden and crispy, 2-3 minutes per side. Mix through the grated garlic, the tomato paste, and the NOMU rub, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the chilli sauce and 50ml of water, and reduce until thickened, 3-5 minutes. Season and set aside.

5. NA-CHO AVERAGE NACHO! Plate up the charred peppers and cabbage. Finish off with the spicy tofu and any remaining pan juices. Drizzle over the coriander yoghurt and garnish with the remaining coriander. Serve the nachos on the side for scooping!

Nutritional Information

Per 100g

Energy	418kJ
Energy	100kcal
Protein	3.2g
Carbs	13g
of which sugars	3.4g
Fibre	2.5g
Fat	3.7g
of which saturated	0.6g
Sodium	177mg

Allergens

Allium, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within
4 Days