



UCOOK

Spiced Tofu & Cannellini Bean Mash

with a grated beetroot & fresh chilli salsa

A bright & beautiful protein-packed meal. Golden pan-fried smoky tofu is paired with a garlicky cannellini bean mash. Served with a fresh grated beetroot & chilli salsa and garnished with dried pomegranate gems. Stunning!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

 Veggie

 Vergelegen | Premium Sauvignon Blanc

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled & grated</i>
1	Onion <i>½ peeled & finely sliced</i>
1	Fresh Chilli <i>trimmed, de-seeded & finely sliced</i>
15ml	Lime Juice
15g	Dried Pomegranate Gems
1	Garlic Clove <i>peeled & grated</i>
120g	Cannellini Beans <i>drained & rinsed</i>
110g	Non-GMO Tofu <i>drained, pat dry & cut into bite-sized pieces</i>
25ml	Spicy Flour <i>(10ml Cake Flour & 15ml NOMU Spanish Rub)</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. BRIGHT SALSA Pat the grated beetroot dry with paper towel. Place in a bowl with ½ the sliced onion (to taste). Toss through the sliced chilli (to taste), the lime juice, ½ the dried pomegranate gems, a drizzle of oil and seasoning. Set aside.

2. CREAMY MASH Place a pot over medium-high heat with a drizzle of oil. When hot, fry the remaining sliced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the rinsed beans and 40ml of milk or water. Once boiling, remove from the heat and place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk or water. Season and cover.

3. FRY THE TOFU Place the tofu pieces into a bowl. Toss with the spicy flour, and a drizzle of oil. 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, drain on paper towel, and season.

4. DREAMY DINNER Plate up the bean mash and serve the golden tofu on top. Serve the rinsed green leaves on the side with the beetroot salsa. Garnish it all with the remaining pomegranate gems. Looks amazing, Chef!

Nutritional Information

Per 100g

Energy	302kj
Energy	72kcal
Protein	3.7g
Carbs	11g
of which sugars	2g
Fibre	3.1g
Fat	1.3g
of which saturated	0.2g
Sodium	218mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days