



QCOOK

Vegan Caribbean Tofu Pelau

with toasted cashew nuts & pineapple pieces

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	525kJ	3917kJ
Energy	126kcal	937kcal
Protein	4.4g	32.9g
Carbs	16g	122g
of which sugars	3.9g	29.1g
Fibre	2.6g	19.1g
Fat	4.2g	31.5g
of which saturated	2.4g	18g
Sodium	28mg	211mg

Allergens: Tree Nuts, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly dice</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
60ml	80ml	Tomato Paste
30ml	40ml	Old Stone Mill Jerk Seasoning
225ml	300ml	White Basmati Rice <i>rinse</i>
300ml	400ml	Coconut Cream
45g	60g	Cashew Nuts <i>roughly chop</i>
330g	440g	Non-GMO Tofu <i>drain & cut into bite-sized pieces</i>
360g	480g	Kidney Beans <i>drain & rinse</i>
120g	160g	Tinned Pineapple Pieces <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. RICE Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until turning golden, 4-5 minutes. Add the tomato paste and the jerk seasoning, and fry until fragrant, 1-2 minutes. Add the rice, the coconut cream, and 225ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes.

2. TOAST While the rice is cooking, place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. TOFU Return the pan to medium-high heat with a drizzle of oil. Fry the tofu until golden and crispy, 3-5 minutes (shifting as they colour). Remove from the pan and season.

4. MIX IT UP! When the coconut rice is done, remove from the heat. Mix in the beans and the golden tofu and cover with a lid. Allow to steam until the beans are warmed through, 8-10 minutes.

5. TIME TO EAT Make a bed of the loaded rice, top with the pineapple pieces, and scatter over the nuts. Well done, Chef!