

Eat Within 2 Days

UCOOK

Vermicelli Tofu Stir-fry

with a peanut sauce, cabbage & toasted peanuts

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	528kJ	3574kJ
Energy	126kcal	855kcal
Protein	5.3g	35.8g
Carbs	13g	90g
of which sugars	2.9g	19.8g
Fibre	2.2g	15.2g
Fat	5.8g	39.3g
of which saturated	1.1g	7.4g
Sodium	237mg	1607mg

Allergens: Peanuts, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Rice Vermicelli Noodles
150ml	200ml	Stir-fry Sauce *(120ml [160ml] Soy Sauce & 30ml [40ml] Sesame Oil)*
90ml	125ml	Peanut Butter
2	2	Garlic Cloves *peel & grate*
2	2	Fresh Chillies *rinse, trim, deseed & finely slice*
30g	40g	Peanuts *roughly chop*
330g	440g	Non-GMO Tofu *drain & cut into 1-2cm thick slabs*
2	2	Onions *peel & roughly slice 1½ [2]*
300g	400g	Cabbage *rinse & thinly slice*
120g	160g	Edamame Beans
360g	480g	Carrot *rinse, trim, peel & grate*

From Your Kitchen

Oil (cooking, olive OR coconut)
Sugar/Sweetener/Honey
Seasoning (Salt & Pepper)
Paper Towel
Water

1. NICE RICE NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

2. STIR-FRY SAUCE In a bowl, combine the stir-fry sauce, peanut butter, garlic (to taste), ½ the chilli (to taste), 30ml [40ml] of a sweetener, and 90ml [120ml] of water. Set aside.

3. TOTALLY NUTTY Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CRISPY TOFU Return the pan to high heat with a drizzle of oil. When hot, fry the tofu slabs until crispy, 3-4 minutes per side. Remove from the pan, drain on paper towel, and season. Cut into bite-sized pieces.

5. STIR THINGS UP Return the pan to medium-high heat with a drizzle of oil. Fry the onion until soft, 5-6 minutes (shifting occasionally). Add the cabbage, edamame, and carrot. Fry until slightly softened, 3-4 minutes (shifting occasionally). Add the peanut stir-fry sauce, noodles, tofu and a splash of water. Simmer until slightly reduced, 3-4 minutes (shifting occasionally). Loosen with a splash of water if the sauce reduces too quickly. Remove from the heat and season.

6. SIMPLY DELICIOUS Plate up the loaded stir-fry. Sprinkle over the peanuts and the remaining chilli (to taste). Dive in, Chef!

Chef's Tip Water helps create a smooth, creamy peanut sauce without making it too heavy.