



# WCOOK

## Tofu Satay Toss-Up

with peanuts, brown rice & a creamy satay sauce

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Waterford Estate | Waterford Old Vine  
Chenin Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 566kJ    | 3392kJ      |
| Energy             | 135kcal  | 811kcal     |
| Protein            | 5.5g     | 32.7g       |
| Carbs              | 15g      | 88g         |
| of which sugars    | 2.5g     | 15.1g       |
| Fibre              | 3.2g     | 18.9g       |
| Fat                | 6.2g     | 37.3g       |
| of which saturated | 1g       | 5.8g        |
| Sodium             | 191mg    | 1143mg      |

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                               |
|----------|------------|-------------------------------------------------------------------------------------------------------------------------------|
| 45g      | 60g        | Peanuts<br><i>roughly chop</i>                                                                                                |
| 225ml    | 300ml      | Brown Basmati Rice<br><i>rinse</i>                                                                                            |
| 30g      | 40g        | Fresh Ginger<br><i>peel &amp; grate</i>                                                                                       |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice</i>                                                                                     |
| 60ml     | 80ml       | Peanut Butter                                                                                                                 |
| 330g     | 440g       | Non-GMO Tofu                                                                                                                  |
| 60g      | 80g        | Salad Leaves<br><i>rinse</i>                                                                                                  |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into thin matchsticks</i>                                                            |
| 45ml     | 60ml       | Lemon Juice                                                                                                                   |
| 225ml    | 300ml      | Thai Tofu Marinade<br><i>(90ml [120ml] Low Sodium Soy Sauce, 45ml [60ml] Sesame Oil &amp; 90ml [120ml] Rice Wine Vinegar)</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Seasoning (salt & pepper)

**1. OH MY, MY, MARINADE!** In a shallow bowl, combine the Thai tofu marinade, ½ the lemon juice, 45ml [60ml] of sweetener, and ½ the ginger. Pat the tofu dry with paper towel and cut into bite-sized cubes. Place in the bowl and toss to coat. Set aside to marinate for 10-15 minutes.

**2. TOASTED PEANUTS** 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.

**3. ODE TO AN ONION** Return the pan to medium-high heat with a drizzle of oil. Fry the onion until browned and softening, 7-10 minutes (shifting occasionally). Season, remove from the pan, and set aside.

**4. STEAMY RICE** Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**5. TOFU-RIFIC!** When the tofu has finished marinating, return the pan to medium-high heat with a drizzle of oil. Fry the tofu until golden and crispy, reserving the marinade in the bowl, 3-4 minutes per side. Drain on paper towel.

**6. PEANUT SAUCE** Place the peanut butter in a small bowl and gradually whisk in the reserved marinade in 5ml increments until a drizzling consistency. Season and set aside.

**7. TOSS IT ALL TOGETHER** To the bowl of rice, toss through the onion, the carrot matchsticks, and the green leaves. Add the remaining lemon juice (to taste), the remaining ginger, and seasoning. Gently toss until evenly distributed.

**8. GET READY FOR DINNER** Dish up the tantalising Thai salad. Top with the tofu and drizzle over the peanut sauce. Finish with sprinkles of toasted peanuts. Serve any remaining marinade on the side.