



UCOOK

Vegan Caribbean Tofu Pelau

with toasted cashew nuts & pineapple pieces

Imagine a rice pilaf but with Caribbean flavours, and you have the answer to the question: What is pelau? Similar to dishes like jambalaya and paella, rice is cooked with vegetables, aromatics, and a protein. In this vegan version, that's kidney beans, together with charred bell pepper and golden tofu. Finish with pineapple pieces for sweetness.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba

Veggie

Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc 2019

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
240g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
40ml	Tomato Paste
20ml	Jerk Seasoning
150ml	White Basmati Rice <i>rinse</i>
200ml	Coconut Cream
30g	Cashew Nuts <i>roughly chop</i>
220g	Non-GMO Tofu <i>drain & cut into bite-sized pieces</i>
1	Bell Pepper <i>rinse, deseed & cut into bite-sized pieces</i>
240g	Kidney Beans <i>drain & rinse</i>
80g	Tinned Pineapple Pieces <i>drain</i>

From Your Kitchen

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

1. RICE Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions and the carrot pieces until turning golden, 4-5 minutes. Add the tomato paste and the jerk seasoning, and fry until fragrant, 1-2 minutes. Add the rinsed rice, the coconut cream, and 150ml 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 chopped 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. When hot, fry the tofu until golden and crispy, 3-5 minutes (shifting as they colour). Remove from the pan and season.

4. CHARRED PEPPERS Return the pan to medium heat with a drizzle of oil. When hot, fry the pepper pieces until lightly charred, 2-3 minutes. Remove from the pan and season.

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

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

Nutritional Information

Per 100g

Energy	414kJ
Energy	99kcal
Protein	3.5g
Carbs	13g
of which sugars	3.5g
Fibre	2.3g
Fat	3.2g
of which saturated	1.8g
Sodium	22mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Eat
Within
4 Days