

Eat Within 2 Days

QCOOK

Vermicelli Tofu Stir-fry

with a peanut sauce, cabbage & toasted peanuts

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

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 1	[Serves 2]	
50g	100g	Rice Vermicelli Noodles
50ml	100ml	Stir-fry Sauce *(40ml [80ml] Soy Sauce & 10ml [20ml] Sesame Oil)*
30ml	60ml	Peanut Butter
1	1	Garlic Clove *peel & grate*
1	1	Fresh Chilli *rinse, trim, deseed & finely slice*
10g	20g	Peanuts *roughly chop*
110g	220g	Non-GMO Tofu *drain & cut into 1-2cm thick slabs*
1	1	Onion *peel & roughly slice ½ [1]*
100g	200g	Cabbage *rinse & thinly slice*
40g	80g	Edamame Beans
120g	240g	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, the peanut butter, the grated garlic (to taste), ½ the sliced chilli (to taste), 10ml of a sweetener, and 30ml of water. Set aside.

3. TOTALLY NUTTY Place a pan over medium heat with the chopped peanuts. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and set aside for serving.

4. CRISPY TOFU Return the pan to a 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. When hot, add the onion slices and fry for 3-4 minutes until soft, shifting occasionally. Add the sliced cabbage, the peas, and the grated carrot. Fry for 2-3 minutes until slightly softened, shifting occasionally. Add the peanut stir-fry sauce, the cooked noodles, and the tofu pieces. Simmer for 1-2 minutes until slightly reduced, shifting occasionally. Loosen with a splash of water if the sauce reduces too quickly. Season.

6. SIMPLY DELICIOUS Plate up the loaded stir-fry. Sprinkle over the toasted 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.