



UCCOOK

Crispy Gochujang Korean Tofu Bowl

with fluffy jasmine rice

Called hansik, Korean food is known for being bold, salty, and complex. Every forkful of this visually vibrant dish packs a flavour punch, with fluffy jasmine rice covered with an umami-rich Korean sauce forming the base for pankocumb-coated tofu cubes. Garnished with elegant green onion slices.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Suné van Zyl

Veggie

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
40ml	Rice Wine Vinegar
120g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
100g	Cucumber <i>rinse & cut into matchsticks</i>
110g	Non-GMO Tofu <i>drain & cut into 1cm cubes</i>
20ml	Cornflour
20ml	Low Sodium Soy Sauce
100ml	Panko Breadcrumbs
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
60ml	Korean Sauce <i>(10ml Sesame Oil, 20ml Gochujang & 30ml Tomato Paste)</i>

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 200ml 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. QUICK PICKLE In a bowl, combine the rice wine vinegar and 5ml of sweetener. Add the carrot & cucumber matchsticks, toss to combine, and set aside in the fridge.

3. TASTY TOFU Pat the tofu cubes dry with a paper towel. In a shallow dish, mix the tofu cubes with the flour and coat with $\frac{1}{2}$ the soy sauce. Prepare another shallow dish containing the breadcrumbs. Add the tofu in the breadcrumbs, pressing the tofu to make sure they stick. Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden, 2-3 minutes per side. Remove from the pan and drain on paper towel.

4. KOREAN SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the spring onion whites until lightly golden, 1-2 minutes. Add the Korean sauce, the remaining soy sauce, sweetener (to taste), and 50ml of water. Simmer until slightly thickening, 2-3 minutes. Remove from the heat and season.

5. BOWL 'EM OVER Dish up the fluffy rice in a bowl, top with the sauce, scatter over the crumbed tofu, and side with the pickled veggies. Garnish with the green onion slices. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	547kJ
Energy	131kcal
Protein	4.2g
Carbs	23g
of which sugars	3.3g
Fibre	1.8g
Fat	2.6g
of which saturated	0.3g
Sodium	209mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
4 Days