



UCCOOK

Salt & Vinegar Beer Battered Tofu

with roasted baby potatoes & minty peas

This is comfort food at it's finest, a British classic with a vegan twist! Golden vegan beer-battered (non-alcoholic, of course!) tofish and chips accompanied by mint-laced peas and a That Mayo Vegan dipping sauce. Super crisp on the outside, soft and tender on the inside — need we say more?

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 No paired wines

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
5ml	Coriander-Parsley Rub
110g	Non-GMO Tofu <i>drained</i>
15ml	Low Sodium Soy Sauce
30ml	Apple Cider Vinegar
1	Nori Sheet
15ml	That Mayo (Vegan)
100g	Peas
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
125ml	Tempura Flour
1 bottle	Non-alcoholic Beer <i>(you won't be using all of the beer)</i>
1	Lemon <i>½ cut into wedges</i>

From Your Kitchen

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

1. POTATOES GONNA POTATE Preheat the oven to 200°C. Spread out the halved baby potatoes on the roasting tray in a single layer. Coat in oil and the coriander-parsley rub, and season to taste. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. TOFU MARINADE & NORI Cut the drained tofu slab in half lengthways, then cut each half diagonally to get 4 triangles. In a shallow dish combine the soy sauce and vinegar. Cut the nori into triangles a similar size to the tofu. Press each piece onto the flat side of each tofu triangle. Place (tofu-side down) in the dish with the marinade. Allow to rest in the fridge for at least 15 minutes. Place the remaining nori in the oven (no need for a roasting tray) and roast for 1-2 minutes until crispy. Remove and when cool enough to handle, crumble and set aside.

3. SOY-DELICIOUS MAYO Remove the marinating tofu from the fridge. Place the mayo in a bowl with 1 tsp of the marinade, and season to taste. Mix to combine and set aside. Return the marinating tofu to the fridge.

4. MINT PEAS Place a pan over a medium-high heat with a drizzle of oil. Once hot, add the peas and fry for 2-3 minutes until heated through. On completion, remove from the heat, stir through the crumbled nori, $\frac{3}{4}$ of the chopped mint, and season to taste. Cover to keep warm and set aside.

5. BATTER & FRY Place a pot over a medium-high heat. Fill with enough oil to deep-fry the tofu. Place $\frac{3}{4}$ of the tempura flour in a bowl. Gradually mix in 50ml of beer (you won't be needing the rest of the beer) and some seasoning until fully combined. In another shallow bowl, place the remaining tempura flour. When the oil is hot, remove each tofu triangle from the marinade, dip into the tempura flour and then into the batter. Carefully lower each piece into the hot oil. Deep-fry for 3-5 minutes until the batter is golden and crispy. On completion, remove and place on paper towel. Season and allow to drain.

6. TOFISH N' CHIPS Dish up the crispy tofu and golden baby potatoes. Side with the minty peas and garnish with the remaining mint and lemon wedges. Don't forget your soy-vinegar mayo for dunking. Enjoy, Chef!



Chef's Tip

Pressing tofu is key in getting the best texture and firming it up for cooking. Wrap it in a clean dish towel or paper towel and put it between two heavy objects (bulky cutting boards) for 15-20 minutes.

Nutritional Information

Per 100g

Energy	476kJ
Energy	114Kcal
Protein	4.1g
Carbs	19g
of which sugars	2.1g
Fibre	2.3g
Fat	1.8g
of which saturated	0.4g
Sodium	179mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days