



UCOOK

Pineapple Chilli Sauce & Ginger Rice

with piquanté peppers & golden tofu

You won't be left wanting after scooping up forkfuls of this gorgeous dish, Chef. Ginger & coconut milk-infused rice is dotted with silky onion and served as the base for golden crumbed slabs of tofu. Drizzle over the homemade chilli, orange & pineapple sauce and finish with fresh coriander for a veggie & fruit feast.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemimah Smith

Veggie

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
60g	Fresh Ginger <i>peel & grate</i>
300ml	Jasmine Rice <i>rinse</i>
300ml	Coconut Milk
3	Garlic Cloves <i>peel & grate</i>
3	Fresh Chillies
300g	Tinned Pineapple Pieces <i>drain</i>
300ml	Orange Juice
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>
330g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
90ml	Tofu Crumb <i>(75ml Cornflour, 7.5ml Garlic Powder & 7.5ml Ground Ginger)</i>
60g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. NICE RICE Place a pot over medium heat with a drizzle of oil. When hot, fry $\frac{1}{2}$ of the diced onion until soft, 4-5 minutes. Add the grated ginger and fry until fragrant, 1-2 minutes. Add the rinsed rice with 300ml of salted water and the coconut milk. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. PINEAPPLE SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the remaining onion until soft, 4-5 minutes. Add the grated garlic, the sliced chilli (to taste), the drained pineapple pieces, and fry until fragrant, 2-3 minutes. Mix in the orange juice and remove from the heat. Transfer to a blender and add $\frac{1}{2}$ of the chopped coriander. Pulse until smooth and combined. Remove from the blender, loosen with a splash of water if it's too thick, and season.

3. TASTY TOFU Add the tofu slabs to a bowl, add the tofu crumb, seasoning, and toss to coat. Place a pan over medium heat with enough oil to cover the base. When hot, fry the tofu until browned, 1-2 minutes per side. Remove from the pan and drain on paper towel.

4. WEEKNIGHT WINNER Make a bed of the ginger rice, cover with the spicy pineapple sauce, and top with the golden tofu. Sprinkle over the drained peppers and garnish with the remaining coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	474kJ
Energy	113kcal
Protein	2.7g
Carbs	20g
of which sugars	5.1g
Fibre	1.4g
Fat	2.5g
of which saturated	1.6g
Sodium	44mg

Allergens

Allium, Sulphites, Soy

Eat
Within
4 Days