



UCCOOK

Tofu Satay Toss-Up

with peanuts, quinoa & creamy satay sauce

This showstopper is easy, and packs a flavour punch! Warm quinoa, leafy greens, and crunchy slaw are tossed in a rich Thai dressing of peanut butter, ginger, lime, soy sauce, maple-flavoured syrup, and sesame oil. Topped with juicy marinated tofu and toasted peanuts.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

200ml	Thai Tofu Marinade <i>(60ml Tamari Sauce, 20ml Sesame Oil, 60ml Golden Syrup & 60ml Rice Wine Vinegar)</i>
30ml	Lemon Juice
20g	Fresh Ginger <i>peeled & grated</i>
220g	Non-GMO Tofu
30g	Peanuts <i>roughly chopped</i>
150ml	Quinoa <i>rinsed</i>
100g	Cabbage <i>rinsed & roughly sliced</i>
40ml	Peanut Butter
120g	Carrot <i>rinsed, trimmed, peeled & cut into thin matchsticks</i>
1	Spring Onion <i>rinsed, trimmed & finely sliced, keeping the white & green parts separate</i>
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. OH MY, MY, MARINADE! In a shallow bowl, combine the Thai tofu marinade, 1/2 the lemon juice, and 1/2 the grated ginger. Pat the tofu dry with paper towel and cut into bite-sized cubes. Place in the bowl and toss to coat. Set aside to marinate, 10-15 minutes.

2. TOASTED PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUBBLE UP THE QUINOA Place the rinsed quinoa in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Cover and set aside to steam, about 5 minutes.

4. TOFU-RIFIC! When the tofu has finished marinating, return the pan to medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, reserving the marinade in the bowl, 3-4 minutes per side. Drain on paper towel.

5. FLASH FRY Return the pan to high heat with a drizzle of oil. When hot, fry the sliced cabbage until slightly wilted but still crunchy, 1-2 minutes (shifting occasionally). Season and remove from the heat.

6. PEANUT SAUCE Place the peanut butter in a small bowl and gradually whisk in the reserved marinade in 5ml increments until drizzling consistency. Season and set aside.

7. TOSS IT ALL TOGETHER To the pot of cooked quinoa, toss through the charred cabbage, the carrot matchsticks, the spring onion whites, and the rinsed green leaves. Add the remaining lime juice (to taste), the remaining ginger, and seasoning. Gently toss for a full minute until evenly distributed.

8. GET READY FOR DINNER Dish up a pile of tantalising Thai salad. Top with the fried tofu and drizzle over the peanut sauce. Finish with sprinkles of toasted peanuts and spring onion greens. Serve any remaining marinade on the side.

Nutritional Information

Per 100g

Energy	610kj
Energy	146kcal
Protein	5.7g
Carbs	17g
of which sugars	7.3g
Fibre	2.4g
Fat	6.2g
of which saturated	0.9g
Sodium	344mg

Allergens

Allium, Sesame, Peanuts, Sulphites, Soy

Cook
within
4 Days