



WCOOK

Sticky Plum Tofu & Rice

with edamame beans & chilli flakes

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	402kj	3536kj
Energy	96kcal	846kcal
Protein	3.1g	26.8g
Carbs	19g	165g
of which sugars	5.8g	50.8g
Fibre	1.7g	15g
Fat	0.9g	8.1g
of which saturated	0.1g	0.7g
Sodium	176mg	1543mg

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
50g	100g	Edamame Beans
1	1	Onion <i>peel & finely dice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Dried Chilli Flakes
30ml	60ml	Zingy Soy Base <i>(10ml [20ml] Rice Wine Vinegar & 20ml [40ml] Low Sodium Soy Sauce)</i>
110g	220g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
30ml	60ml	Cornflour
40ml	80ml	Plum Sauce
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. FLUFFY RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover 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. EDAMAME Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

3. FRY THE VEGGIES Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until the onion is soft, 4-5 [5-6] minutes (shifting occasionally). Add the pepper and fry until turning golden, 3-4 minutes. Add the garlic and the chilli flakes (to taste). Fry until fragrant, 1-2 minutes. Mix in the fluffy rice and the zingy soy base. Remove from the heat and season.

4. STICKY TOFU Place a clean pan over medium heat with enough oil to cover the base. Coat the tofu with cornflour and season. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the heat, drain the oil from the pan, and baste with the plum sauce.

5. DINNER IS READY Make a bed of the loaded rice, top with the sticky tofu, and scatter over the plumped edamame beans. Garnish with the coriander. Good job, Chef!