



UCCOOK

Miso Tofu & Stir-fried Ginger Greens

**with carrot ribbons & toasted cashew
nuts**

Ginger-infused green beans, carrot ribbons, crispy edamame beans, and shredded spinach are stir-fried to perfection in an Asian sauce. On top of the ginger greens go miso & mirin-glazed tofu cubes. A sprinkle of black sesame seeds and a garnish of spring onion & toasted cashew nuts makes this dish restaurant ready!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Kate Gomba

 Veggie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

30g	Cashew Nuts
220g	Non-GMO Tofu <i>drained & cut into cubes</i>
160g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
30g	Fresh Ginger <i>peeled & grated</i>
2	Spring Onions <i>roughly sliced, keeping the white & green parts separate</i>
240g	Carrot <i>peeled into ribbons</i>
100g	Edamame Beans
300g	Spinach <i>rinsed & roughly shredded</i>
40ml	Asian Sauce <i>(20ml Rice Wine Vinegar & 20ml Low Sodium Soy Sauce)</i>
25ml	Miso Glaze <i>(15ml Miso Paste & 10ml Mirin)</i>
20ml	Black Sesame Seeds

From Your Kitchen

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

1. FOR THE HEALTH NUTS Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and set aside. Roughly chop when cool enough to handle.

2. TASTY TOFU Pat the tofu cubes dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the tofu for 5-6 minutes, turning until crispy and golden all over. Remove from the pan and set aside.

3. GO FOR GREENS While the tofu is cooking, place another pan over a medium heat with a drizzle of oil. When hot, add the sliced green beans and fry for 5-6 minutes. Add the grated ginger and the spring onion whites, and fry for 1 minute until fragrant, shifting constantly. Add the carrot ribbons, the edamame beans, and the shredded spinach, and sauté for 2-3 minutes until the leaves are wilting. Stir through the Asian sauce and remove from the heat. Season if needed.

4. MIX THE MISO GLAZE In a small bowl, add the miso glaze and a drizzle of oil. Mix to combine.

5. CARAMELISE, SPRINKLE & COMBINE Once the tofu has browned, add the miso glaze and cook for a further 2-3 minutes, until well coated and starting to caramelise. Remove from the heat, sprinkle over the black sesame seeds, and toss to combine.

6. A VEGETARIAN FEAST! Plate up the stir-fried veggies and top with the miso tofu cubes. Garnish with the spring onion greens and toasted cashew nuts. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	318kJ
Energy	76kcal
Protein	4.6g
Carbs	7g
of which sugars	2.9g
Fibre	2.7g
Fat	2.9g
of which saturated	0.4g
Sodium	353mg

Allergens

Gluten, Allium, Sesame, Wheat, Tree Nuts, Alcohol, Soy

Cook
within
4 Days