



UCOOK

Deliziosa Piccata Di Tofu

**with a gluten-free crust, zesty puy lentils
& charred broccoli**

Dive into our sensational vegan take on Italian piccata! Tofu is crisped in a gluten-free Provençal crumb and drenched in piccata sauce, filled with those garlicky, lemony, and capery flavours. Served on a warm bed of green lentils, broccoli, and spinach.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Steenberg Vineyards | Sauvignon Blanc

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Ingredients & Prep

100ml	Dried Green Puy Lentils <i>rinsed</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	Vegetable Stock
10g	Capers <i>drained</i>
60ml	White Wine
1	Lemon <i>½ zested & cut into wedges</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
27,5ml	Tofu Crumb <i>(5ml NOMU Provençal Rub, 2,5ml Turmeric & 20ml Gluten-free Flour)</i>
110g	GMO-free Tofu <i>drained & sliced into 2cm thick slabs</i>
50g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. LUSCIOUS LENTILS Preheat the oven to 200°C. Boil a full kettle. Place a pot over a medium heat with a drizzle of oil. When hot, stir through the rinsed green lentils and pour in 350ml of boiling water. Once simmering, cook (uncovered) for 20-25 minutes until al dente, stirring occasionally. If they start to dry out, add more water to continue the cooking process. Drain on completion if necessary, return to the pot, and cover to keep warm.

2. BAKED BROCCOLI Place the broccoli pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until cooked through and crisping up, shifting halfway.

3. SIMMERING SAUCE Dilute the stock with 125ml of boiling water. Place a pan over medium heat and add in 30ml of oil. (Alternatively, use a pot if your pan is too small for the sauce.) Once the oil is hot, sauté the grated garlic and drained capers for 30 seconds. Stir in the white wine and simmer for about 2-3 minutes until reduced by $\frac{2}{3}$. Mix in the diluted stock and simmer for 2-3 minutes until reduced by $\frac{1}{2}$, stirring occasionally. Mix in some lemon juice to taste, $\frac{1}{2}$ of the zest, and $\frac{1}{2}$ of the chopped parsley. Immediately remove from the heat. Transfer to a bowl, cover to keep warm, and set aside for serving.

4. TANTALISING TOFU Place the tofu crumb in a shallow dish. Pat the tofu slabs dry with paper towel. Coat in the crumb one at a time, dusting off any excess on completion. Return the pan to a medium-high heat with a drizzle of oil. Once hot, fry the tofu for 3-5 minutes on each side until golden brown all over. Remove from the pan and set aside to drain on some paper towel.

5. STEAMY SALAD Stir the shredded spinach through the cooked lentils until it starts to wilt. Add in the roast broccoli, a drizzle of olive oil, and the remaining lemon zest to taste. Toss to combine and season.

6. DIVINE DINNER Dish up spoonfuls of warm lentil and broccoli salad. Top with the crispy tofu and lather in delectable piccata sauce. Garnish with the remaining parsley and a lemon wedge. Bellissimo, maestro!



Chef's Tip

Fry the tofu in batches if necessary to avoid overcrowding the pan, or you could end up with mushy tofu! For the crispiest results, make sure to fry all sides of the tofu slabs — even the smaller sides!

Nutritional Information

Per 100g

Energy	451kj
Energy	108Kcal
Protein	8.1g
Carbs	14g
of which sugars	0.9g
Fibre	3.8g
Fat	1.5g
of which saturated	0.2g
Sodium	278mg

Allergens

Allium, Sulphites, Alcohol, Soy

Cook
within 3
Days