



UCCOOK

Mexican Tofu Feast

with guacamole, coriander & jalapeños

Take tofu up a notch with our Mexican-inspired marinated tofu bowl served with coriander rice, guacamole, jalapeños, feta and a charred corn & pickled slaw salad. Dinner, sorted!


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Warwick Wine Estate | First Lady Sauvignon Blanc

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Ingredients & Prep

75ml	Jasmine Rice
1	Lemon <i>½ zested & cut into wedges</i>
100g	Cabbage <i>thinly sliced</i>
10g	Cashew Nuts
50g	Corn
110g	Non-GMO Tofu <i>drained, pat dry & torn into bite-sized chunks</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	NOMU Mexican Rub
10ml	Tomato Paste
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
80g	Guacamole
20g	Pickled Jalapeño Slices <i>drained</i>
50g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. RICE, RICE BABY! Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. PICKLE STATION In a bowl, add the juice of 1 lemon wedge, some lemon zest, 10ml of a sweetener of choice and 15ml of water. Mix until the sweetener is fully dissolved. Add the sliced cabbage and toss until fully coated. Set aside to pickle.

3. TOASTY 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 roughly chop. Return the pan to a high heat. When hot, add the corn and fry for 4-5 minutes until charred. Remove from the pan on completion.

4. MEXI-TOFU Return the pan to a medium-high heat with a drizzle of oil. When hot, add the tofu chunks and fry until browned, about 4-5 minutes, shifting occasionally. Reduce the heat and add in another drizzle of oil, the grated garlic and the Mexican rub. Fry until fragrant, about 1 minute, shifting constantly. Add in the tomato paste and fry for a further minute, until darkened in colour. Pour in 200ml of water and simmer for 3-4 minutes, until thickened and slightly reduced.

5. LAST STEP... Drain and reserve the pickling liquid from the cabbage. Add the charred corn to the bowl with the pickled cabbage. Add the reserved pickling liquid to the cooked rice along with ½ the chopped coriander. Mix until combined.

6. WOWZERS! Bowl up a generous helping of the coriander rice. Lay over the saucy Mexican tofu and pour over any remaining sauce from the pan. Side with the guacamole, the jalapeño slices and the corn and cabbage salad. Crumble over the drained feta, sprinkle over the remaining coriander, and serve with any remaining lemon wedges. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	629kJ
Energy	150Kcal
Protein	5.4g
Carbs	15g
of which sugars	2.4g
Fibre	2.2g
Fat	7.2g
of which saturated	2.4g
Sodium	174mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days