



# UCOOK

## Grilled Tofu Skewers & Coconut Rice

with bell pepper & baby marrow

"Delicious!" "This is so tasty!" "Fab flavour!" These are the types of comments you can expect around the dinner table tonight, Chef. Tofu, baby marrow rounds, bell pepper & onion wedge skewers are coated in The Sauce Queen Smokey BBQ Sauce and pan-fried until golden. Served on a bed of fragrant jasmine rice.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 3 People

---

**Chef:** Jade Summers

---

Adventurous Foodie

---

Painted Wolf Wines | The Pack Blacktip  
Mourvèdre

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

225ml	Jasmine Rice <i>rinse</i>
300ml	Coconut Cream
75g	Coconut & Cashew Mix <i>(45g Cashew Nuts &amp; 30g Coconut Flakes)</i>
9	Wooden Skewers
330g	Non-GMO Tofu <i>drain &amp; cut into bite-sized pieces</i>
450g	Baby Marrow <i>rinse, trim &amp; cut into 1cm thick rounds</i>
2	Onions <i>peel &amp; cut 1½ into wedges</i>
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into bite-sized pieces</i>
150ml	The Sauce Queen Smokey BBQ Sauce

## From Your Kitchen

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

**1. COCO-CREAMY RICE** Place the rinsed rice in a pot with 300ml of salted water and ½ the coconut cream. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork, mix in the remaining coconut cream, and cover.

**2. COCO-CASHEW CRUNCH** Place the coconut & cashew mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SENSATIONAL SKEWERS** Thread the tofu cubes, the marrow rounds, the onion wedges, and the pepper chunks onto the skewers until all the ingredients have been used up.

**4. BBQ TOFU & VEG** Place a grill pan or return the pan to high heat. When hot, grill the skewers, and any remaining veg until lightly charred, 6-7 minutes (turning occasionally to ensure even cooking). In the final 2 minutes, base the skewers with the BBQ sauce.

**5. YOU'RE DONE!** Make a bed of the fluffy rice, top with the grilled tofu skewers and veg and sprinkle over the toasted mix. Side with any remaining veggies. Enjoy!

## Nutritional Information

Per 100g

Energy	438kJ
Energy	105kcal
Protein	2.9g
Carbs	13g
of which sugars	4g
Fibre	1.6g
Fat	4.8g
of which saturated	2.7g
Sodium	75mg

## Allergens

Allium, Sulphites, Tree Nuts, Soy

Eat  
Within  
4 Days