



UCCOOK

Crispy Gochujang Korean Tofu Bowl

with fluffy jasmine rice

Called hansik, Korean food is known for being bold, salty, and complex. Every forkful of this visually vibrant dish packs a flavour punch, with fluffy jasmine rice covered with an umami-rich Korean sauce forming the base for pankocumb-coated tofu cubes. Garnished with elegant green onion slices.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Suné van Zyl

Veggie

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
120ml	Rice Wine Vinegar
360g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
300g	Cucumber <i>rinse & cut into matchsticks</i>
330g	Non-GMO Tofu <i>drain & cut into 1cm cubes</i>
60ml	Cornflour
60ml	Low Sodium Soy Sauce
300ml	Panko Breadcrumbs
3	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
180ml	Korean Sauce <i>(30ml Sesame Oil, 60ml Gochujang & 90ml Tomato Paste)</i>

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 600ml of salted water. 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. QUICK PICKLE In a bowl, combine the rice wine vinegar and 15ml of sweetener. Add the carrot & cucumber matchsticks, toss to combine, and set aside in the fridge.

3. TASTY TOFU Pat the tofu cubes dry with a paper towel. In a shallow dish, mix the tofu cubes with the flour and coat with $\frac{1}{2}$ the soy sauce. Prepare another shallow dish containing the breadcrumbs. Add the tofu in the breadcrumbs, pressing the tofu to make sure they stick. Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden, 2-3 minutes per side. Remove from the pan and drain on paper towel.

4. KOREAN SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the spring onion whites until lightly golden, 2-3 minutes. Add the Korean sauce, the remaining soy sauce, sweetener (to taste), and 150ml of water. Simmer until slightly thickening, 3-4 minutes. Remove from the heat and season.

5. BOWL 'EM OVER Dish up the fluffy rice in a bowl, top with the sauce, scatter over the crumbed tofu, and side with the pickled veggies. Garnish with the green onion slices. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	547kJ
Energy	131kcal
Protein	4.2g
Carbs	23g
of which sugars	3.3g
Fibre	1.8g
Fat	2.6g
of which saturated	0.3g
Sodium	209mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
4 Days