



UCOOK

Crumbed Cajun Tofu

with roasted sweet potato wedges & crème pesto

If you're looking for a comfy and easy dinner, we've got you covered! Spicy quinoa flake-crusted tofu slabs are served with roasted sweet potato wedges, a fresh green leaf & tomato salad, and a creamy basil pesto dollop. There really is nothing quite like a simple and delicious dinner!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Vegetarian

 Haute Cabrière | Pierre Jourdan Belle Rosé

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
110g	Non-GMO Tofu <i>sliced into 2cm thick slabs</i>
37,5ml	Spicy Flour <i>(7,5ml NOMU Cajun Rub & 30ml Tapioca Flour)</i>
80g	Baby Tomatoes <i>rinsed & quartered</i>
7,5ml	Red Wine Vinegar
50ml	Quinoa Flakes
30ml	Crème Fraîche
15ml	Pesto Princess Basil Pesto
20g	Green Leaves <i>rinsed</i>
1	Spring Onion <i>thinly sliced</i>

From Your Kitchen

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

1. CRISPY WEDGES Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TOFU PREP & TANGY TOMATOES Pat dry the tofu slabs with paper towel. Place in a bowl with the spicy flour and some seasoning. Toss until coated. Place the quartered baby tomatoes in a salad bowl. Add the red wine vinegar, 10ml of olive oil and some seasoning. Toss to combine and leave to marinate.

3. CRISPY TOFU In a shallow dish, whisk 1 egg with 1 tbsp of water. Prepare 1 more shallow dish with the quinoa flakes. Coat the tofu slabs in the egg, and then in the quinoa flakes. When passing through the quinoa flakes, press it into the slabs so it sticks and coats evenly. Repeat with the other slabs. Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the slabs for 2-3 minutes per side until golden and cooked through. Remove from the pan, drain on some paper towel, and season.

4. ALMOST THERE... Combine the crème fraîche, the basil pesto and some seasoning. Loosen with water in 5ml increments until drizzling consistency. Add the rinsed green leaves to the salad bowl with marinated tomatoes and toss to combine.

5. DINNER IS SERVED Plate up the roasted wedges, alongside golden tofu and the fresh salad. Dollop over the crème pesto and garnish with the sliced spring onion. Enjoy Chef!



Chef's Tip

To make sure your sweet potato does get crispy, spread it out with a little space between each piece and don't overcrowd the tray — use two trays if necessary.

Nutritional Information

Per 100g

Energy	553kJ
Energy	132Kcal
Protein	4g
Carbs	16g
of which sugars	3.4g
Fibre	2.4g
Fat	5.2g
of which saturated	1.9g
Sodium	115mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days