



UCOOK

Sesame-Battered Tofu Bowl

with black quinoa, hoisin sauce, lime & fresh avo

Flour-dusted tofu is rolled in seeds and shallow fried for the ultimate crispy crust. With a soft texture on the inside and a bold crunch on the outside, they're served with a bed of protein-powered quinoa, tangy slaw, creamy avo, and lashings of hoisin sauce.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Vegetarian

 Lanzerac Estate | Chenin Blanc

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Ingredients & Prep

75ml	Black Quinoa
7,5ml	Low Sodium Soy Sauce
50g	Corn
100g	Shredded Cabbage & Julienne Carrot
1	Lime <i>zested & cut into wedges</i>
1	Avocado
30ml	Ong's Hoisin Sauce
110g	Tofu <i>drained & sliced into 1-2cm thick slabs</i>
7,5ml	Cornstarch
85ml	Rice Flour
65ml	White Sesame Seeds

From Your Kitchen

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

1. START IT OFF WITH A SIMMER Rinse the quinoa, place in a pot, and submerge in 350ml of salted water. Place over a medium-high heat and bring to a simmer uncovered. Cook for 20-25 minutes until the quinoa is tender and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Use a fork to toss through the soy sauce to taste. Cover with a lid and allow to stand off the heat for 5 minutes.

2. A COLOURFUL CRUNCH Boil the kettle. Submerge the corn in boiling water for 3-5 minutes until plump and warmed through. Drain on completion and place in a bowl with the cabbage and carrot. Toss through 10ml of olive oil, a squeeze of lime juice, and the zest to taste. Season and set aside for serving.

3. TANGY TOPPINGS Halve the avocado and set aside the ½ containing the pip for another meal. Scoop the flesh out of the other ½ and cut into bite-sized chunks. Place in a bowl, toss through some lime juice and seasoning, and set aside. Loosen the hoisin sauce by mixing with water in 10ml increments until drizzling consistency.

4. PREP THE BATTER Place the tofu slabs on paper towel and pat down firmly to remove excess water. Place the cornstarch in a shallow bowl with 1 tbsp of rice flour. Gradually whisk in 25ml of water until a smooth batter. Prepare 2 more shallow bowls: one containing the remaining rice flour and the other containing the sesame seeds.

5. EVEN MORE CRUNCH! Place a nonstick pan over a medium heat with enough oil to cover the base. Coat the tofu in the rice flour, gently dusting off any excess afterwards. Coat in the batter, and finally, coat in the sesame seeds. When the oil is hot, fry the tofu for 1-2 minutes per side until golden and crispy all over. On completion, remove from the pan and place on paper towel. Season and allow to drain until serving.

6. GET READY FOR FOOD BLISS Dish up your dinner Buddha bowl-style! Make a bed of nutty quinoa. On top, place the slaw, crispy tofu, and zingy avo alongside one another. Cover in drizzles of hoisin dressing and serve with any remaining lime wedges — and that's that! Simply stunning, Chef.



Chef's Tip

To prevent the batter from sticking to your hands instead of the tofu, make sure to use one hand to coat in the wet mixture and the other hand to coat in the dry ingredients. If you're finding this tricky, you can rope in a family member or friend to help you!

Nutritional Information

Per 100g

Energy	780kJ
Energy	187Kcal
Protein	6.9g
Carbs	23g
of which sugars	3.3g
Fibre	3.9g
Fat	7.7g
of which saturated	1g
Sodium	135mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 2
Days