



UCCOOK

Saucy Satay Tofu Burritos

with coconut yoghurt, brown rice & black beans

Tofu is the star of the show in these delicious saucy burritos! Wholewheat tortillas encase an ensemble of incredible ingredients, including bouncy tofu, fluffy brown rice, crunchy cucumber and a rich spicy peanut sauce.


Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Jeannette Joynt

 Vegetarian

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

| | |
|-------|---|
| 300ml | Brown Rice |
| 60ml | Orange Vinegar <i>(40ml Orange Juice & 20ml Rice Wine Vinegar)</i> |
| 60ml | Story Time Plain Peanut Butter |
| 40ml | Spice & All Things Nice Thai Red Curry Paste |
| 240g | Black Beans <i>drained & rinsed</i> |
| 200g | Cucumber <i>sliced into half-moons</i> |
| 15g | Fresh Coriander <i>rinsed & roughly chopped</i> |
| 440g | Non-GMO Tofu <i>drained, pat dry & sliced into 1cm thick slabs</i> |
| 8 | Wholewheat Tortillas |
| 125ml | Coconut Yoghurt |

From Your Kitchen

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

1. THE NICEST RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 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 the rice with a fork.

2. SPICY SATAY & BEAN SALSA In a bowl, combine the orange vinegar, peanut butter, seasoning, and curry paste (to taste). Loosen with water in 5ml increments until a drizzling consistency. In a separate bowl, combine the drained black beans, cucumber half-moons, ½ the chopped coriander, a drizzle of oil, and seasoning. Set aside.

3. SIZZLING TOFU Place a pan over a high heat with a drizzle of oil. When hot, fry the tofu slabs for 1-2 minutes per side until lightly golden. You may need to do this step in batches. Remove the pan from the heat and pour in the spicy satay sauce (to taste). Toss the tofu slabs until fully coated in the sauce.

4. WARM THE 'TILLAS Place a pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

5. THE BEST BURRITOS! Assembly time! Lay down the toasted tortillas and smear with the coconut yoghurt. Top with the brown rice, the saucy tofu, and the black bean salsa. Drizzle over any remaining spicy satay sauce from the pan and sprinkle with the remaining coriander. Wrap it up and enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 764kJ |
| Energy | 183Kcal |
| Protein | 7.3g |
| Carbs | 27g |
| of which sugars | 1.9g |
| Fibre | 3.1g |
| Fat | 5.4g |
| of which saturated | 1.4g |
| Sodium | 220mg |

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days