



UCOOK

Spicy Coconut Tofu Feast

with spiced rice, green beans & toasted coconut flakes

Have friends who haven't tried vegetarian food yet? Win their taste buds over with this vegetable feast: jasmine rice is elevated by being cooked in coconut milk with curry spices, silky onion & ginger. This forms the flavour foundation, which is topped with golden slabs of tofu coated in a special spicy-soy sauce, together with green beans & peas.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba

Veggie

Cathedral Cellar Wines | Cathedral Cellar-Pinotage

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
20g	Fresh Ginger <i>peel & grate</i>
30ml	Medium Curry Powder
150ml	Jasmine Rice <i>rinse</i>
200ml	Coconut Milk
20g	Coconut Flakes
220g	Non-GMO Tofu <i>drain & slice into 2cm thick slabs</i>
160g	Green Beans <i>rinse, trim & cut in half</i>
1	Garlic Clove <i>peel & grate</i>
60ml	Spicy Sauce <i>(20ml Sriracha Sauce & 40ml Sweet Indo Soy Sauce)</i>
100g	Peas

From Your Kitchen

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

1. RICE Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions until soft and lightly golden, 3-4 minutes. Add the grated ginger and the curry powder, and fry until fragrant, 1-2 minutes. Add the rinsed rice, the coconut milk, and 100ml 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. TOAST Place the coconut flakes in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. TOFU Return the pan to medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and season.

4. GREEN BEANS Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the green beans until starting to char, 5-6 minutes (shifting constantly). In the final minute, add the grated garlic. Mix in the spicy sauce, 60ml of water, the peas, and the golden tofu. Simmer until the sauce thickens slightly, 2-3 minutes. Remove from the heat.

5. DINNER IS READY Make a bed of the fragrant rice. Top with the loaded tofu & all the sauce. Sprinkle over the toasted coconut flakes. Sensational, Chef!

Nutritional Information

Per 100g

Energy	535kj
Energy	128kcal
Protein	3.6g
Carbs	18g
of which sugars	5g
Fibre	2.6g
Fat	4.2g
of which saturated	2.8g
Sodium	151mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
4 Days