



UCCOOK

Sweet & Spicy Tofu Feast

with potato wedges

A dreamy combination of carrot pickle salad, dotted with bell pepper, plump edamame beans & fresh greens, plus spicy slabs of NOMU One For All Rub-spiced tofu cooked in maple-flavoured syrup, fresh chilli & garlic. Oven roasted potato wedges complete the meal.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jemimah Smith

Veggie

Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
110g	Non-GMO Tofu
5ml	NOMU One For All Rub
1	Garlic Cloves <i>peel & grate</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
20ml	Maple-flavoured Syrup
40g	Edamame Beans
50ml	Buttanut Macadamia Nut Yoghurt
1	Bell Pepper <i>rinse, deseed & dice ½</i>
20ml	Carrot Pickle
40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	Old Stone Mill Salad Sprinkle Spice

From Your Kitchen

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

1. POTATO WEDGES Boil the kettle. Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TASTY TOFU Drain the tofu and slice into 2cm thick slabs. Place a pan over 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. Add the NOMU rub, the grated garlic, the chopped chilli (to taste), and the maple syrup. Allow the syrup to bubble, 1-2 minutes. Remove from the heat and toss through the crispy tofu. Set aside.

3. PLUMP BEANS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. NUTTY YOGHURT In a bowl, combine the macadamia nut yoghurt. Loosen with a splash of water in 5ml increments until drizzling consistency. Season and set aside.

5. SALAD TIME In a bowl, combine the diced pepper, the carrot pickle, the shredded leaves, the plumped beans, a drizzle of olive oil, and seasoning.

6. TIME TO EAT Plate up the carrot salad. Top with the chilli tofu & side with the crispy wedges. Drizzle over the macadamia nut yoghurt and sprinkle over the salad sprinkle mix.



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	316kJ
Energy	76kcal
Protein	3.1g
Carbs	11g
of which sugars	4.1g
Fibre	1.8g
Fat	1.7g
of which saturated	0.2g
Sodium	203mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts, Soy

Eat
Within
2 Days