



# UCCOOK

## Satay Tofu Bowl

with edamame beans

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Caitlin Swanepoel

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 665kJ    | 4108kJ      |
| Energy             | 159kcal  | 982kcal     |
| Protein            | 5.9g     | 36.5g       |
| Carbs              | 21g      | 127g        |
| of which sugars    | 3.5g     | 21.3g       |
| Fibre              | 2.7g     | 16.5g       |
| Fat                | 5.3g     | 32.7g       |
| of which saturated | 0.9g     | 5.5g        |
| Sodium             | 269mg    | 1663mg      |

**Allergens:** Soya, Gluten, Allium, Peanuts, Wheat, Sulphites, Tree Nuts

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 250g     | 500g       | Sweet Potato<br><i>rinse &amp; cut into bite-sized chunks</i> |
| 1        | 1          | Vegetable Stock Sachet  |
| 75ml     | 150ml      | Brown Basmati Rice<br><i>rinse</i>                            |
| 30ml     | 60ml       | Peanut Butter   |
| 10ml     | 20ml       | Low Sodium Soy Sauce  |
| 10ml     | 20ml       | Lemon Juice   |
| 15g      | 30g        | Cashew Nuts   |
| 30g      | 60g        | Edamame Beans   |
| 50g      | 100g       | Spinach<br><i>rinse &amp; roughly shred</i>                   |
| 50ml     | 100ml      | Panko Breadcrumbs   |
| 110g     | 220g       | Non-GMO Tofu  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. START THE SWEET POTATO** Preheat the oven to 200°C and boil the kettle. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. FLAVOURFUL RICE** Dilute ½ [all] the stock with 225ml [450ml] of hot water. Place the rice in a pot with the diluted stock, cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**3. WHILE WE WAIT** In a small bowl, loosen the peanut butter with a splash of warm water. Mix in the soy sauce and the lemon juice (to taste). If the sauce is a bit thick, loosen with some more water, until drizzling consistency. Place the cashew nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**4. GET THE GREENS** When the rice has 5-10 minutes remaining, add the spinach to the rice pot and let it steam until wilted. Return the pan to medium heat with a drizzle of oil.

**5. PANKOCRUMB-COATED TOFU** Return the pan to medium to high heat with a drizzle of olive oil. Add the panko crumbs to a plate with some seasoning. Drain the tofu and slice into 2cm thick slabs. Coat the tofu in the panko crumbs and fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on some paper towel.

**6. TA-DA!** Plate up a generous helping of the rice. Top it with the roasted potatoes and the edamame beans. Top with the crispy tofu and a drizzle of the satay dressing. Finish it off with a sprinkle of the cashews. Dinner is served, Chef!