



UCOOK

Sesame Tofu & Warm Citrus Salad

with fresh orange & cauliflower

Silky tofu is crusted with nutty mixed sesame seeds before being pan fried until golden and crispy. Served with a loaded warm citrus salad of basmati rice, ginger, cauliflower, celery, orange and lemon juice. Finished off with a sprinkling of fresh coriander, this dish is jam-packed full of yum!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Leopard's Leap | Culinaria Chenin blanc

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Ingredients & Prep

| | |
|-------|---|
| 200g | Cauliflower Florets <i>cut into bite-sized pieces</i> |
| 75ml | White Basmati Rice <i>rinsed</i> |
| 7.5ml | Corn Flour |
| 45ml | Black Sesame Seeds + White Sesame Seeds |
| 110g | Non-GMO Tofu <i>sliced into 1-2cm thick slabs</i> |
| 1 | Orange |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 20g | Fresh Ginger <i>peeled & grated</i> |
| 1 | Celery Stalk <i>rinsed & roughly chopped</i> |
| 15ml | Sesame-soy <i>(10ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i> |
| 1 | Lemon <i>½ zested & cut into wedges</i> |
| 4g | Fresh Coriander <i>rinsed & roughly chopped</i> |

From Your Kitchen

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

1. CRISPY CAULI Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 20-25 minutes until cooked through and becoming crispy, shifting halfway.

2. AW, THAT'S RICE OF YOU! Place the rinsed rice in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 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 with a fork.

3. SESAME TOFU Place the cornflour in a shallow bowl. Prepare a separate shallow bowl containing the sesame seeds. Gently toss the tofu slabs through the cornflour and then coat each slab in the sesame seeds, pressing down to coat. Place a pan over a medium heat with enough oil to cover the base. When hot, add the sesame tofu slabs and fry for 1-2 minutes per side until golden and crispy. On completion, remove from the pan and drain on paper towel. Season to taste.

4. CITRUS CIRCUS Cut half the orange into wedges and cut the other half into rounds. Cut the skin and the rind off the rounds and set aside for serving. Discard the skin and rind. When the cauli and rice are done, return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and ginger and the chopped celery. Fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked rice, the roasted cauli, the sesame-soy, a squeeze of lemon and orange juice, and the lemon zest. Mix until fully combined. Fry for 2-3 minutes until all the flavours have combined, shifting occasionally. Season to taste.

5. TASTY TOFU TIME! Make a bed of the warm citrus salad. Top with the sesame crusted tofu and orange rounds. Sprinkle with the chopped coriander. Finish off with a squeeze of lemon and orange juice. Amazing work, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 439kJ |
| Energy | 105kcal |
| Protein | 4.2g |
| Carbs | 15g |
| of which sugars | 3.6g |
| Fibre | 2.4g |
| Fat | 3.5g |
| of which saturated | 0.5g |
| Sodium | 63mg |

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 2
Days