



# U C O O K

— COOKING MADE EASY

## Crunchy Thai Peanut Salad

**with cauli steak, red quinoa & a tamari satay sauce**

Start your week off fresh with this showstopper: gluten-conscious, vegan, simple, and speedy! Nutty quinoa, edamame, and crunchy slaw, tossed in a rich Thai dressing of peanut butter, ginger, lime, and tamari. Topped with a juicy cauli steak and toasted peanuts.

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Jessica Sole

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 **Vegetarian**

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## Ingredients & Prep

75ml	Red Quinoa
40g	Edamame Beans
15g	Peanuts
1	Cauliflower Steak
40ml	Tamari-Sesame (30ml Tamari & 10ml Sesame oil)
15ml	Rice Wine Vinegar
10g	Fresh Ginger <i>peeled &amp; grated</i>
20ml	Sugar-Free Peanut Butter
15ml	Lime Juice
100g	Red Cabbage & Julienne Carrot
5g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. BUBBLE UP YOUR QUINOA** Rinse the quinoa and place in a pot. Submerge in 200ml of water and place over a medium-high heat (uncovered). Once simmering, cook for 15-20 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Stir through the edamame beans, cover with a lid, and allow to stand off the heat for at least 5 minutes.

**2. PEANUT POWER** Place a nonstick pan (that has a lid) over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**3. CHAR THE CAULIFLOWER STEAK** Coat the cauli steak in oil and seasoning to taste. Return the pan to a low heat with a drizzle of oil. When hot, pop in the steak and cover with the lid. Fry for 6-8 minutes per side until charred and cooked through. Keep the lid on for the entire cooking time, only checking occasionally. Remove the pan from the heat on completion.

**4. WHILE THE CAULI IS FRYING...** Combine the tamari-sesame with the rice wine vinegar and 1 tbsp (or to taste) of a sweetener of choice. We recommend using honey or maple syrup. Place a saucepan over a low-medium heat with a drizzle of oil. When hot, lightly fry the grated ginger for 1-2 minutes until fragrant, shifting constantly. Pour in the tamari mixture, give it a stir, then add the peanut butter. Whisk vigorously for about a minute until fully combined and warmed through. If the peanut butter begins to split, simply whisk in a small splash of warm water. Remove from the heat on completion and stir through the lime juice to taste.

**5. TOSS IT ALL TOGETHER** When the quinoa and edamame beans are ready, transfer to a salad bowl. Toss through the cabbage and carrot mix and three-quarters of the chopped coriander. Pour in three-quarters of the Thai peanut dressing and gently toss for a full minute until well coated. Season to taste.

**6. GET READY FOR DINNER!** Dish up a hearty pile of tasty Thai salad. Top with the cauliflower steak and drizzle over the remaining peanut dressing. Finish with sprinkles of chopped, toasted peanuts and the remaining chopped coriander. What a breeze, Chef!



## Chef's Tip

When whisking in the peanut butter, ensure that your pan is not too hot. We suggest using a heavy bottomed saucepan so that the mixture doesn't get too hot too quickly – this will prevent it from curdling.

## Nutritional Information

Per 100g

Energy	590kJ
Energy	141Kcal
Protein	5.8g
Carbs	14g
of which sugars	2.7g
Fibre	3.3g
Fat	6.5g
of which saturated	0.9g
Sodium	346mg

## Allergens

Sesame, Peanuts, Soy

Cook  
within 2  
Days