

QCOOK

Smoky Tofu Grain Bowl

with loaded Mexi-style quinoa

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	519kJ	3163kJ
Energy	124kcal	757kcal
Protein	5.3g	32.2g
Carbs	19g	114g
of which sugars	4.3g	26.3g
Fibre	2.6g	15.9g
Fat	3.3g	19.9g
of which saturated	0.5g	2.9g
Sodium	307mg	1869mg

Allergens: Sulphites, Tree Nuts, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Quinoa
22.5ml	30ml	Vegetable Stock
2	2	Onions *peel & roughly dice 1½ [2]*
150g	200g	Corn
22.5ml	30ml	NOMU Taco Mex Mix
180g	240g	Black Beans *drain & rinse*
90ml	125ml	Cashew Nut Cream Cheese
30g	40g	Chipotle Chillies In Adobo *finely chop*
330g	440g	Non-GMO Tofu *drain & cut into 1cm slabs*
90ml	125ml	Hickory BBQ Sauce
240g	320g	Baby Tomatoes *rinse & halve*

From Your Kitchen

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

1. KEEN ON QUINOA Place the quinoa in a pot with 675ml [900ml] of salted water and the vegetable stock. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. MEXICAN FLAVOURS Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the corn, black beans and NOMU rub. Fry for a further 5-6 minutes. Season and set aside.

3. SPICY CREAM CHEESE In a bowl, combine the cashew nut cream cheese and chipotle chilli (to taste). Season and set aside.

4. POPS OF COLOUR Once the quinoa has finished cooking, mix the charred onion and corn mix through the quinoa.

5. TASTY TOFU Place a pan over medium heat with a drizzle of oil. When hot, fry the tofu until golden, 2-3 minutes per side, shifting as it colours. In the final 1-2 minutes, baste with the smoky BBQ sauce. Remove the pan from the heat and season.

6. WELL DONE Bowl up the loaded quinoa, topping it with the smoky tofu. Scatter the baby tomatoes over and drizzle with the spicy chipotle cream cheese. Dig in, Chef!