



WCOOK

Satay Tofu Bowl

with edamame beans

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

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 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse & cut into bite-sized chunks</i>
2	2	Vegetable Stock Sachets
225ml	300ml	Brown Basmati Rice <i>rinse</i>
30ml	40ml	Low Sodium Soy Sauce
90ml	120ml	Peanut Butter
30ml	40ml	Lemon Juice
45g		Cashew Nuts
90g	120g	Edamame Beans
150g	200g	Spinach <i>rinse & roughly shred</i>
150ml	200ml	Panko Breadcrumbs
330g	440g	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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. FLAVOURFUL RICE Dilute 1½ [all] the stock with 675ml [900ml] of hot water. Place the rice in a pot, 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!