

UCCOOK

Sticky Teriyaki Tofu Balls

with egg noodles, pickled ginger & sesame seeds

These teriyaki tofu balls are the perfect texture and taste simply divine! They are coated in a homemade sweet & sticky teriyaki sauce and served with slurpy egg noodles, pak choi, peas, pickled ginger, sesame seeds and fresh coriander.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 Fat Bastard | Chardonnay

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Ingredients & Prep

150g	Egg Noodles
330g	Non-GMO Tofu <i>grated</i>
240g	Carrot <i>1½ grated</i>
22,5ml	Cornflour
22,5ml	White Sesame Seeds
300g	Pak Choi <i>trimmed at the base</i>
150g	Peas
105ml	Sticky Teriyaki Sauce <i>(60ml Teriyaki Sauce & 45ml Tamari)</i>
2	Garlic Cloves <i>peeled & grated</i>
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
45g	Pickled Ginger

From Your Kitchen

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

1. SLURPY EGG NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

2. GET THE BALLS ROLLIN' Place the grated tofu in a clean tea towel, close up, and squeeze out as much liquid as possible. Place the drained tofu in a bowl along with the grated carrot and seasoning. Gradually mix in the corn flour until fully combined. Roll into 4-5 balls per portion and leave to rest in the fridge.

3. SESAME SEEDS & PAK CHOI Place the sesame seeds in a large pan or wok over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside. Separate the leaves of the trimmed pak choi and rinse well.

4. IT'S A FRY UP Return the pan to a medium-high heat with 4-5cm of oil. When hot, deep fry the tofu balls for 2-5 minutes, until golden brown. Remove from the pan on completion and drain on some paper towel. You may need to do this step in batches.

5. OH SO STICKY TERIYAKI Place a pan over a medium-high heat with a drizzle of oil. When hot, sauté the pak choi and peas for 2-3 minutes until the leaves have wilted. Add the sticky teriyaki sauce, 45ml of a sweetener of choice and the grated garlic. Leave to simmer for 2-3 minutes until slightly reduced. Add water in 5ml increments if it reduces too quickly. Add the cooked egg noodles and toss until fully combined.

6. STICKY TOFU DINNER! Plate up a hearty pile of the egg noodle stir-fry. Top with the tofu balls and sprinkle over the sesame seeds, fresh coriander and pickled ginger.

Nutritional Information

Per 100g

Energy	450kJ
Energy	108Kcal
Protein	6.3g
Carbs	15g
of which sugars	2.1g
Fibre	1.7g
Fat	2.6g
of which saturated	0.4g
Sodium	459mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days