



UCCOOK

Spiced Tofu & Butternut Dip

with warm pita triangles

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	308kJ	1979kJ
Energy	74kcal	474kcal
Protein	3g	19.3g
Carbs	8.5g	54.8g
of which sugars	3.1g	19.7g
Fibre	1.7g	11.2g
Fat	2.4g	15.3g
of which saturated	0.5g	3.1g
Sodium	157mg	1007mg

Allergens: Sulphites, Tree Nuts, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Butternut Chunks
1	1	Garlic Clove
10g	20g	Almonds <i>roughly chop</i>
40g	80g	Corn
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
10ml	20ml	Lemon Juice
40ml	80ml	ButtaNutt Coconut Yoghurt
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
25ml	50ml	Spicy Flour <i>(10ml [20ml] Cake Flour & 15ml [30ml] NOMU Cajun Rub)</i>
110g	220g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
1	2	Pita Flatbread/s

From Your Kitchen

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

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until the butternut is golden and cooked through, 30-35 minutes (shifting halfway) and add in the garlic clove (leaving it unpeeled). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. NUTS & CORN Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. Fry the corn until charred, 4-5 minutes (shifting occasionally). Remove from the pan.

3. COLOURFUL SALAD In a salad bowl, toss the tomato, the corn, olives, ½ the almonds and ½ the chives together with some olive oil and the lemon juice (to taste).

4. DELISH DIP When the butternut has finished roasting, add it to a blender, along with the remaining almonds, coconut yoghurt and 50ml [100ml] of water. Gently squeeze the garlic out of its skin, adding it to the blender. Season and blend until smooth.

5. SWEET ONION & SPICED TOFU Return the pan to medium heat with a drizzle of olive oil. Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover. While the onion is on the go, pour the spicy flour onto a plate, seasoning it well. Coat the tofu in the flour. Once the onion is finished, remove from the pan, wiping down the pan if necessary. Add a drizzle of oil and fry the tofu until golden, 2-4 minutes a side. Remove from the heat and set aside.

6. PITA TRIANGLES Place a clean pan over medium heat. When hot, toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place the pita/s on a plate and heat up in the microwave, 30-60 seconds. Cut into triangles and set aside.

7. DIP AND DINE Make a base with the butternut dip, top with the tofu and scatter over the caramelised onion. Side with the tomato salsa and the pita triangles. Garnish with the remaining chives. Dinner is served!