Eat Within 4 Days

UCOOK

Sticky Asian Tofu Bowl

with carrot & coriander jasmine rice

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	840kJ	3731kJ
Energy	201kcal	892kcal
Protein	2.3g	10.2g
Carbs	42g	188g
of which sugars	3.6g	16.1g
Fibre	1.9g	8.4g
Fat	2.1g	9.2g
of which saturated	0.3g	1.4g
Sodium	212mg	943mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice
7.5ml	15ml	Rice Wine Vinegar
3g	5g	Fresh Coriander *rinse & pick*
120g	120g	Carrot *rinse, peel (optional) & grate ½ [1]*
5ml	10ml	White Sesame Seeds
80g	125g	Sugar Snaps *rinse & cut in half on the diagonal*
1	1	Fresh Chilli *peel & finely slice*
110g	220g	Non-GMO Tofu *drain & pat dry*
15ml	30ml	Cornflour
1 unit	2 units	UCOOK Asian Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. READY THE RICE Place the rice in a pot with 150ml [300ml] of salted water and the rice wine vinegar. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and gently mix through ½ of the coriander and carrot. Be careful not to overwork the rice, making it stodgy. Set aside to steam for 8-10 minutes.

2. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. TASTY TOFU Slice the tofu into 1cm thick slabs and coat in corn flour. Return the pan to medium heat with a drizzle of oil. Fry the tofu until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel. Return the pan to medium heat with a drizzle of oil (if necessary). Fry the chilli (to taste) until fragrant, 1-2 minutes. Add the UCOOK Asian sauce and a splash of water. Gently simmer, 2-3 minutes. Add the tofu back into the pan and simmer for ± 1 minute, shifting them occasionally, ensuring the sauce coats the slabs. Remove the pan from the heat and sprinkle over ½ of the sesame seeds.

4. TIME TO DINE Bowl up the loaded rice and top with the sticky tofu. Add the sugar snap peas and scatter over the remaining coriander and sesame seeds. Tuck in, Chef!