



UCCOOK

Sweet & Spicy Tofu Feast

with potato wedges

A dreamy combination of carrot pickle salad, dotted with bell pepper, plump edamame beans & fresh greens, plus spicy slabs of NOMU One For All Rub-spiced tofu cooked in maple-flavoured syrup, fresh chilli & garlic. Oven roasted potato wedges complete the meal.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Jemimah Smith

Veggie

Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

| | |
|-------|---|
| 800g | Potato <i>rinse & cut into wedges</i> |
| 440g | Non-GMO Tofu |
| 20ml | NOMU One For All Rub |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 2 | Fresh Chillies <i>rinse, trim, deseed & roughly chop</i> |
| 80ml | Maple-flavoured Syrup |
| 160g | Edamame Beans |
| 200ml | Buttanut Macadamia Nut Yoghurt |
| 2 | Bell Peppers <i>rinse, deseed & dice</i> |
| 80ml | Carrot Pickle |
| 160g | Salad Leaves <i>rinse & roughly shred</i> |
| 40ml | Old Stone Mill Salad Sprinkle Spice |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. POTATO WEDGES Boil the kettle. Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. TASTY TOFU Drain the tofu and slice into 2cm thick slabs. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, 2-3 minutes per side. Remove from the pan and season. Add the NOMU rub, the grated garlic, the chopped chilli (to taste), and the maple syrup. Allow the syrup to bubble, 1-2 minutes. Remove from the heat and toss through the crispy tofu. Set aside.

3. PLUMP BEANS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. NUTTY YOGHURT In a bowl, combine the macadamia nut yoghurt. Loosen with a splash of water in 5ml increments until drizzling consistency. Season and set aside.

5. SALAD TIME In a bowl, combine the diced pepper, the carrot pickle, the shredded leaves, the plumped beans, a drizzle of olive oil, and seasoning.

6. TIME TO EAT Plate up the carrot salad. Top with the chilli tofu & side with the crispy wedges. Drizzle over the macadamia nut yoghurt and sprinkle over the salad sprinkle mix.



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 316kJ |
| Energy | 76kcal |
| Protein | 3.1g |
| Carbs | 11g |
| of which sugars | 4.1g |
| Fibre | 1.8g |
| Fat | 1.7g |
| of which saturated | 0.2g |
| Sodium | 203mg |

Allergens

Allium, Sesame, Sulphites, Tree Nuts, Soy

Eat
Within
2 Days