



UCOOK

Sweet & Sticky Teriyaki Tofu

with sushi rice, pak choi & sesame seeds

Munch down on crispy tofu doused in a lusciously sticky teriyaki sauce, served atop bouncy sushi rice with tender pak choi and edamame beans alongside. A final flavour pop from the pickled radish and fresh spring onions - it can't get better!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Classique
Rosé NV

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Ingredients & Prep

75ml	Sushi Rice
20ml	Rice Wine Vinegar
20g	Radish <i>rinsed & sliced into thin rounds</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
50g	Edamame Beans
5ml	White Sesame Seeds
150g	Pak Choi <i>trimmed at the base</i>
1	Lemon <i>½ zested & cut into wedges</i>
30ml	Sticky Teriyaki Sauce <i>(7,5ml Tamari, 7,5ml Honey & 15ml Teriyaki Sauce)</i>
110g	Non-GMO Tofu <i>drained & sliced into 2cm thick slabs</i>
20ml	Cornflour

From Your Kitchen

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

1. RICE, RICE BABY Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 250ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat, fluff up with a fork and stir through ½ the rice wine vinegar.

2. PICKLE & TERIYAKI In a bowl, place the remaining rice wine vinegar, 10ml of water and 5ml of a sweetener of choice. Mix until the sweetener has fully dissolved. Add in the radish rounds and spring onion whites. Toss until fully coated and set aside to pickle.

3. EDAMAME & TOASTY SEEDS Boil the kettle. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion and set aside for serving. Place the sesame seeds in a pan with a lid on, over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

4. PAK CHOI Separate the leaves of the trimmed pak choi and rinse well. Return the pan to a medium heat with a splash of water. When hot, add in the pak choi, cover with the lid, and steam for 3-4 minutes until wilted. On completion, drain on paper towel and season with some lemon zest and salt.

5. TERRIFIC TOFU Return the pan to a medium-high heat. Add in the sticky teriyaki sauce and leave to reduce for 2-3 minutes. Slowly stir in water in 5ml increments if it gets too thick. Remove from the pan and place in a shallow bowl. Toss the sliced tofu through the cornflour, dusting off any excess. Return the pan to medium-high heat with a drizzle of oil. Once hot, add the tofu. Fry for 2-3 minutes per side until starting to crisp. Remove from the pan and add to the bowl with the sticky teriyaki sauce. Toss the tofu until fully coated in the sauce. Drain the pickling liquid from the radish and spring onion.

6. DIG IN! Plate up a heaping helping of the sushi rice. Top with the teriyaki tofu and drizzle over any remaining sauce from the pan and a squeeze of lemon juice. Side with the pak choi, and sprinkle over the pickled radish, toasted sesame seeds, spring onion greens and edamame beans. Serve with any remaining lemon wedges and tuck in!

Nutritional Information

Per 100g

Energy	444kJ
Energy	106Kcal
Protein	4.8g
Carbs	18g
of which sugars	3.4g
Fibre	1.4g
Fat	1.8g
of which saturated	0.2g
Sodium	244mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days