



U C O O K

— COOKING MADE EASY

Crunchy Thai Peanut Salad

with cauli steak, red quinoa & a tamari satay sauce

Start your week off fresh with this showstopper: gluten-conscious, vegan, simple, and speedy! Nutty quinoa, edamame, and crunchy slaw, tossed in a rich Thai dressing of peanut butter, ginger, lime, and tamari. Topped with a juicy cauli steak and toasted peanuts.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Jessica Sole



Vegetarian

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

300ml	Red Quinoa
160g	Edamame Beans
60g	Peanuts
4	Cauliflower Steak
160ml	Tamari-Sesame (120ml Tamari & 40ml Sesame oil)
60ml	Rice Wine Vinegar
40g	Fresh Ginger <i>peeled & grated</i>
80ml	Sugar-Free Peanut Butter
60ml	Lime Juice
400g	Red Cabbage & Julienne Carrot
20g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BUBBLE UP YOUR QUINOA Rinse the quinoa and place in a pot. Submerge in 800ml of water and place over a medium-high heat (uncovered). Once simmering, cook for 15-20 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Stir through the edamame beans, cover with a lid, and allow to stand off the heat for at least 5 minutes.

2. PEANUT POWER Place a large, nonstick pan (that has a lid) over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. CHAR THE CAULIFLOWER STEAKS Coat the cauli steaks in oil and seasoning to taste. Return the pan to a low heat with a drizzle of oil. When hot, pop in the steaks and cover with the lid. Fry for 6-8 minutes per side until charred and cooked through. Keep the lid on for the entire cooking time, only checking occasionally. Remove the pan from the heat on completion.

4. WHILE THE CAULI IS FRYING... Combine the tamari-sesame with the rice wine vinegar and 45ml (or to taste) of a sweetener of choice. We recommend using honey or maple syrup. Place a saucepan over a low-medium heat with a drizzle of oil. When hot, lightly fry the grated ginger for 2-3 minutes until fragrant, shifting constantly. Pour in the tamari mixture, give it a stir, then add the peanut butter. Whisk vigorously for about a minute until fully combined and warmed through. If the peanut butter begins to split, simply whisk in a small splash of warm water. Remove from the heat on completion and stir through the lime juice to taste.

5. TOSS IT ALL TOGETHER When the quinoa and edamame beans are ready, transfer to a large salad bowl. Toss through the cabbage and carrot mix and three-quarters of the chopped coriander. Pour in three-quarters of the Thai peanut dressing and gently toss for a full minute until well coated. Season to taste.

6. GET READY FOR DINNER! Dish up a hearty pile of tasty Thai salad. Top with the cauliflower steak and drizzle over the remaining peanut dressing. Finish with sprinkles of chopped, toasted peanuts and the remaining chopped coriander. What a breeze, Chef!



Chef's Tip

When whisking in the peanut butter, ensure that your pan is not too hot. We suggest using a heavy bottomed saucepan so that the mixture doesn't get too hot too quickly – this will prevent it from curdling.

Nutritional Information

Per 100g

Energy	590kJ
Energy	141Kcal
Protein	5.8g
Carbs	14g
of which sugars	2.7g
Fibre	3.3g
Fat	6.5g
of which saturated	0.9g
Sodium	346mg

Allergens

Sesame, Peanuts, Soy

Cook
within 2
Days