



UCCOOK

Crispy Tofu & Creamy Tomato Orzo

with lemon cashew cream cheese

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Kelly Fletcher

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	549kJ	2857kJ
Energy	131kcal	683kcal
Protein	6.2g	32.3g
Carbs	18g	94g
of which sugars	3.2g	16.6g
Fibre	2g	10.5g
Fat	3.3g	17.2g
of which saturated	0.4g	2.1g
Sodium	202mg	1052mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
330g	440g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
30ml	40ml	Low Sodium Soy Sauce
300ml	400ml	Orzo Pasta
30g	40g	Sunflower Seeds
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
300ml	400ml	Tomato Passata
45ml	60ml	Orzo Seasoning <i>(30ml [40ml] Nutritional Yeast & 15ml [20ml] Vegetable Stock)</i>
8g	10g	Fresh Oregano <i>rinse, pick & finely chop</i>
30ml	40ml	Lemon Juice
75ml	100ml	Cashew Nut Cream Cheese
90ml	125ml	Cake Flour
330ml	440ml	Herb Crumb <i>(300ml [400ml] Panko Breadcrumbs & 30ml [40ml] NOMU Italian Rub)</i>

From Your Kitchen

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

- 1. MARINATION** In a bowl, coat the tofu slabs in the soy sauce, a drizzle of oil, and seasoning. Set aside.
- 2. ORZO** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.
- 3. TOASTY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. SAUCE, SAUCE & MORE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata. Mix through the orzo seasoning, ½ the oregano, and 450ml [600ml] of water. Reduce the heat and simmer until reduced, 8-10 minutes (stirring occasionally). In the final minute, add a sweetener (to taste), ½ the lemon juice, the orzo, and seasoning. Remove from the heat. Loosen with the reserved pasta water if too thick.
- 5. TANGY CREAM CHEESE** In a small bowl, combine the cashew cream cheese with the remaining lemon juice and seasoning. Set aside.
- 6. CRUMBED** In a shallow bowl, combine the flour (seasoned lightly) with 180ml [240ml] of water until smooth. Prepare another dish with the herb crumb. Dip the tofu into the wet flour mixture and then into the crumb. Place a clean pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden brown, 1-2 minutes per side. Drain on paper towel and season.
- 7. TIME TO EAT** Serve up the tomato orzo and lay over the crispy tofu slices. Drizzle with the lemon cashew cream cheese. Scatter over the sunflower seeds and the remaining oregano. There you have it!