Eat Within 4 Days

UCOOK

Sticky Asian Tofu Bowl

with carrot & coriander jasmine rice

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

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 3	[Serves 4]	
225ml	300ml	Jasmine Rice *rinse*
22.5ml	30ml	Rice Wine Vinegar
8g	10g	Fresh Coriander *rinse & pick*
240g	240g	Carrot *rinse, peel (optional) & grate 1½ [2]*
15ml	20ml	White Sesame Seeds
200g	250g	Sugar Snaps *rinse & cut in half on the diagonal*
2	2	Fresh Chillies *peel & finely slice*
330g	440g	Non-GMO Tofu *drain & pat dry*
45ml	60ml	Cornflour
3 units	4 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 450ml [600ml] 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, 4-5 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!