



UCOOK

Ka-Pow Mushroom Fried Rice

with crispy smashed tofu, shimeji mushrooms & That Mayo's vegan mayo

Who needs egg when you can have a crispy tofu smash? Sautéed with a sensational rub, basmati, and edamame beans, and jumbled with sesame seeds, pickled ginger, and shimejis marinated in tamari and sesame oil. Prepare your taste buds for a knockout blow!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Vegetarian

 Delheim Wines | Wild Ferment Chenin Blanc

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Ingredients & Prep

75ml	White Basmati Rice
5ml	White Sesame Seeds
15ml	That Mayo (Vegan)
20g	Pickled Ginger <i>drained & finely diced, reserving the liquid</i>
65g	Shimeji Mushrooms
37,5ml	Ka-Pow Sauce <i>(15ml Sesame Oil, 15ml Tamari & 7,5ml Rice Wine Vinegar)</i>
110g	Tofu <i>drained</i>
7,5ml	NOMU Oriental Rub
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
50g	Edamame Beans
20ml	Ong's Sweet Chilli Sauce

From Your Kitchen

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

1. READY YOUR RICE Rinse the rice and place in a pot. Submerge in 200ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed.

2. GOLDEN SEEDS & GINGER MAYO Place a pan or wok over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan or wok on completion and set aside to cool. In a small bowl, combine the mayo with ½ of the diced pickled ginger (or to taste). Set aside for serving.

3. TANGY SHIMEJIS Trim a thin slice off the base of the mushrooms and discard. Separate the mushroom stalks. Return the pan or wok to a high heat with a drizzle of oil. When hot, fry the mushrooms for 1-2 minutes until golden brown, shifting occasionally. Stir in the ka-pow sauce, the pickled ginger liquid, and 15ml of water. Bring to a simmer and cook for about a minute. Transfer to a bowl on completion, cover with a plate, and set aside to keep warm.

4. A LITTLE MORE PREP When the rice has finished boiling, remove from the heat. Set aside with the lid on to steam for 10 minutes until cooked and tender. On completion, drain if necessary and fluff up with a fork. Use the fork to roughly mash the drained tofu until it resembles the texture of scrambled egg. Drain the mushrooms (reserving the sauce for step 5), replace the plate, and set aside for serving.

5. GET WOKKING Return the pan or wok to a medium-high heat with another drizzle of oil. When hot, fry the tofu for 3-4 minutes until it begins to crisp and brown, shifting constantly. Mix in the Oriental Rub and the white spring onion slices. Fry for 1-2 minutes until fragrant, continuing to shift. Remove ¼ of the tofu mixture from the pan and set aside for serving. Toss through the cooked rice and ¾ of the edamame beans until combined. Stir in ¾ of the sweet chilli sauce, the remaining pickled ginger, and the reserved mushroom sauce. Remove the pan from the heat.

6. TIME TO MUNCH! Serve up a bowl of tofu fried rice. Scatter with the mushrooms, remaining edamame beans, reserved tofu, toasted seeds, and green spring onion slices. Drizzle over the rest of the sweet chilli sauce and serve with a hearty dollop of ginger mayo. Dig in!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	751kJ
Energy	179Kcal
Protein	6.3g
Carbs	23g
of which sugars	3.4g
Fibre	2.4g
Fat	7.2g
of which saturated	1.2g
Sodium	492mg

Allergens

Allium, Sesame, Sulphites, Soy

Cook
within
4 Days