



UCOOK

Cornflake-crusted Tofu Bites

with crispy smashed baby potatoes, cucumber & sweet chilli-mayo dressing

If you're craving a very edgy, very v-edgy, vegan-friendly meal, this is the recipe for you, Chef! Double-coated tofu bites, with crunchy cornflakes and a special UCOOK tofu crumb, bring the crispy textures in heaps. Served with golden smashed potatoes, a cucumber salad, and toasted almonds for extra crunch.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

Veggie

Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

600g	Baby Potatoes <i>rinse</i>
45g	Almonds
240ml	Sweet Chilli Mayo <i>(150ml Mayo & 90ml Sweet Chilli Sauce)</i>
120ml	Tofu Crumb <i>(45ml Cornflour, 15ml Garlic Powder, 15ml Onion Powder, 15ml Smoked Paprika & 30ml Nutritional Yeast)</i>
90ml	Almond Milk
90g	Corn Flakes <i>finely crush</i>
330g	Non-GMO Tofu <i>drain & dice into 2cm cubes</i>
60g	Green Leaves <i>rinse</i>
300g	Cucumber <i>rinse & peel into ribbons</i>
3	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

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

1. PARBOIL Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

2. TOAST & PREP Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Loosen the sweet chilli mayo in 5ml increments until drizzling consistency.

3. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes.

4. PREP Prepare three shallow dishes: one containing the tofu crumb (lightly seasoned), one containing the almond milk, and the last one with the fine cornflakes. Coat the diced tofu in the seasoned flour, dusting off any excess flour. Coat in the almond milk, and lastly the cornflakes.

5. CRISPY TOFU Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. You may need to do this step in batches.

6. JUST BEFORE SERVING In a bowl, combine the rinsed green leaves, the cucumber ribbons, a drizzle of olive oil, and season.

7. DINNER IS READY Make a bed of the cucumber mix, top with smashed potatoes, and scatter over the golden tofu. Drizzle over the sweet chilli mayo, and sprinkle over the toasted almonds and the sliced spring onions. Well done, Chef!



Chef's Tip

Air fryer method: Place the smashed potatoes in the air fryer tray. Drizzle with oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	612kJ
Energy	146kcal
Protein	4.4g
Carbs	17g
of which sugars	3.1g
Fibre	1.7g
Fat	6.6g
of which saturated	0.5g
Sodium	144mg

Allergens

Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Tree Nuts, Soy

Eat
Within
4 Days