

UCCOOK

Tofu Satay Toss-Up

with peanuts, bulgur wheat & creamy satay sauce

This showstopper is easy and packs a flavour punch! Warm bulgur wheat, leafy greens, and fried onions are tossed in a rich Thai dressing of peanut butter, ginger, lemon, soy sauce & sesame oil. Topped with juicy marinated tofu and toasted peanuts.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Nitida | Cabernet sauvignon

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Ingredients & Prep

70ml	Thai Tofu Marinade <i>(30ml Low Sodium Soy Sauce, 10ml Sesame Oil & 30ml Rice Wine Vinegar)</i>
15ml	Lemon Juice
10g	Fresh Ginger <i>peel & grate</i>
110g	Non-GMO Tofu <i>drain</i>
10g	Peanuts <i>roughly chop</i>
1	Onion <i>peel & roughly slice</i>
75ml	Bulgur Wheat <i>rinse</i>
20ml	Peanut Butter
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
20g	Salad Leaves <i>rinse</i>

From Your Kitchen

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

1. OH MY, MY, MARINADE! In a shallow bowl, combine the Thai tofu marinade, 1/2 the lemon juice, 15ml of sweetener, and 1/2 the grated ginger. Pat the tofu dry with paper towel and cut into bite-sized cubes. Place in the bowl and toss to coat. Set aside to marinate for 10-15 minutes.

2. TOASTED PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ODE TO AN ONION Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until browned and softening, 6-7 minutes (shifting occasionally). Season, remove from the pan, and set aside.

4. STEAMY BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

5. TOFU-RIFIC! When the tofu has finished marinating, return the pan to medium-high heat with a drizzle of oil. When hot, fry the tofu until golden and crispy, reserving the marinade in the bowl, 3-4 minutes per side. Drain on paper towel.

6. PEANUT SAUCE Place the peanut butter in a small bowl and gradually whisk in the reserved marinade in 5ml increments until drizzling consistency. Season and set aside.

7. TOSS IT ALL TOGETHER To the bowl of bulgur wheat, toss through the fried onion, the carrot matchsticks, and the rinsed green leaves. Add the remaining lemon juice (to taste), the remaining ginger, and seasoning. Gently toss until evenly distributed.

8. GET READY FOR DINNER Dish up the tantalising Thai salad. Top with the fried tofu and drizzle over the peanut sauce. Finish with sprinkles of toasted peanuts. Serve any remaining marinade on the side.

Nutritional Information

Per 100g

Energy	526kj
Energy	126kcal
Protein	5.3g
Carbs	15g
of which sugars	2.5g
Fibre	3.1g
Fat	5.2g
of which saturated	0.8g
Sodium	194mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Eat
Within
3 Days