



# QCOOK

## Tofu Satay Toss-up

with peanuts, bulgur wheat & creamy satay sauce

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	454kj	3643kj
Energy	109kcal	872kcal
Protein	4.4g	35.1g
Carbs	13g	107g
of which sugars	2.5g	20.3g
Fibre	3.1g	25g
Fat	4.7g	37.7g
of which saturated	0.7g	5.8g
Sodium	143mg	1149mg

**Allergens:** Sulphites, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Thai Tofu Marinade <i>(90ml [120ml] Low Sodium Soy Sauce, 45ml [60ml] Sesame Oil &amp; 90ml [120ml] Rice Wine Vinegar)</i>
2	2	Lemons <i>cut into wedges</i>
30g	40g	Fresh Ginger <i>peel &amp; grate</i>
330g	440g	Non-GMO Tofu
45g	60g	Peanuts <i>roughly chop</i>
2	2	Onions <i>peel &amp; roughly slice</i>
225ml	300ml	Bulgur Wheat <i>rinse</i>
60ml	80ml	Peanut Butter
360g	480g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	200g	Edamame Beans

## From Your Kitchen

Oil (cooking, olive OR coconut)  
Water  
Seasoning (Salt & Pepper)  
Sugar/Sweetener/Honey  
Paper Towel

**1. OH MY, MY, MARINADE!** In a shallow bowl, combine the Thai tofu marinade, the juice of 3 [4] lemon wedges, 15ml [30ml] of sweetener, and 1/2 the 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 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. Fry the onion until browned and softening, 7-10 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 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, add the edamame beans and fluff with a fork. Place the lid on the pot and set aside.

**5. TOFU-RIFIC!** When the tofu has finished marinating, return the pan to medium-high heat with a drizzle of oil. 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 a drizzling consistency. Season and set aside.

**7. TOSS IT ALL TOGETHER** To the bowl of bulgur wheat, toss through the onion, the carrot matchsticks, and the green leaves. Add the juice of 3 [4] lemon wedges, the remaining ginger, and seasoning. Gently toss until evenly distributed.

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