

Sensational Satay (with Tofu)



TIME TO PREPARE

15 minutes



COOK TIME

10 minutes



SERVING

2



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

Sauce:

- 40g Peanut Butter
- 20g Sweet Chili Sauce
- 10g Maple Syrup
- 2 Tbsp lemon juice
- 2 Tbsp soy sauce
- 1 Tbsp coconut cream
- 2 Tbsp HOT water
- 2 Tbsp chopped parsley

Plus:

- 300g Firm tofu
- 1 Tbsp Olive Oil
- 1 Tbsp Sesame Oil
- Salt & Pepper to taste
- 1 cup of cooked rice per serve (e.g. white)

Method

01. Cook 1 Cup of raw white rice in a rice cooker (or in a pot on the stove). With 2 cups of water cook to yield ~2 cups of cooked white rice. Once cooked add salt and pepper to taste and set aside.
02. Cut the firm tofu into small 1cm cubes and lay over paper towel pressing slightly to dry out excess water. Heat a pan with both olive and sesame oil on medium heat then add tofu tossing regularly to evenly brown all sides. Add salt and pepper to tofu to enhance flavours.
03. For the sauce, mix all ingredients together in a measuring jug stirring to a smooth consistency.
04. Start serving rice into a large bowl, placing tofu over the top and finishing with the sauce covering everything.
05. ENJOY!
06. TIP – many more vegetables can be used in this recipe to increase the volume and flavours. Try steaming bok choy, carrot, shallots, snow peas or broccoli on the side to boost valuable micronutrients!

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