



RECIPE

Vegan Satay Tofu Coconut Rice

Recipe Created For	Main Ingredient
Round French Oven	Tofu

Cook Time	Serving Size
Over 2 hours	8

RECIPE NOTES

Looking for a new vegan recipe that your friends and family will love? Try this Vegan Satay Tofu Coconut Rice recipe for an asian-inspired plant-based dish that's both easy and delicious. The grilled tofu is crispy, yet sticky thanks to the sweet chili soy sauce mixture. This recipe features a satay sauce made with garlic, ginger and, of course, peanut butter. The satay sauce compliments the grilled tofu perfectly. Served in a Round French Oven, the coconut rice is layered with the grilled tofu and drizzled with the satay sauce. A side serving of chickpea pancakes finishes off this Vegan Satay Tofu Coconut Rice dish. The recipe serves 8 portions and takes just over two hour to make. Adjust the portions accordingly and enjoy! Here are all the ingredients you need and steps to follow before tackling this recipe.

INGREDIENTS

- 2 x 350g silken tofu blocks, sliced
- 1/2 cup soy sauce
- 1/2 cup sweet chilli sauce
- Honey (optional, for sweetness)

For the pancakes:

- 1 cup chickpea flour
- A handful of chopped spinach or parsley
- 200ml water
- A pinch of salt

For the coconut rice:

- 2 cups Jasmine rice
- 1 ½ cups coconut cream
- 1 ½ cup cold water
- 1 x 5cm piece fresh ginger, peeled and grated
- 2 cloves garlic, sliced
- 1 – 2 chillies, sliced
- Juice of a lime

For the satay sauce:

- Half a can of coconut milk
- 1 chilli, sliced
- 2 garlic cloves, sliced
- 1 – 2 Tbsp. smooth peanut butter
- Lime juice, to taste
- Grated zucchini, to serve

- Pickled pink onions, to serve
- Spring onions, to serve

INSTRUCTIONS

To make the pancakes, blend the chickpea flour with the water and a handful of spinach or parsley. Leave aside for 2 hours at room temperature.

To make the coconut rice, stir the rice together with the coconut cream, water, ginger, garlic and chilli in the [Round French Oven](#). Bring to a simmer for 15 minutes. Remove from the heat and leave aside with the lid on for another 15 minutes. Squeeze in the lime juice and fluff with a fork.

Arrange the tofu on a non-stick baking tray and drizzle with sweet chili sauce, soy sauce and honey. Grill until sticky and caramelized, for 10 minutes or so.

To make the pancakes, ladle the batter into a non-stick pan greased with coconut oil, over a low heat. Once the pancakes start to bubble and set, loosen the sides and flip with care.

To make the vegan satay sauce, infuse the coconut milk with chilli and garlic and melt in the peanut butter. Season and add lime juice to taste, then blend together.

Arrange the tofu and various seasonal toppings over the coconut rice in the casserole. Drizzle the satay sauce over the rice to serve.

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