



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: DESICCATED COCONUT

Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



1. COCONUT TOFU CAKES

WITH RICE PAPER PUFFS

 40 Minutes

 2 Servings

 Plant-based

Coconut and ginger tofu cakes with a lime dipping sauce, charred asian greens and crispy rice paper puffs.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
27g	35g	35g

FROM YOUR BOX

CARROT	1
RED CAPSICUM	1/2 *
SPRING ONION	1 *
SNOW PEA SPROUTS	1/3 punnet *
ASIAN GREENS	2 bulbs
LIME	1
GINGER	30g *
FIRM TOFU	1 packet
DESICCATED COCONUT	1 packet (30g)
RICE PAPER ROUNDS	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), soy sauce (or tamari), sugar (of choice), apple cider (or rice wine) vinegar

KEY UTENSILS

food processor, 2 frypans

NOTES

You can use sesame oil or a neutral flavoured oil for the dressing.

Slice and coat the tofu with the coconut instead of making the cakes if preferred. Add the ginger to the dressing.

If you prefer not to fry the rounds you can use them to make fresh rice paper rolls instead!



1. PREPARE THE VEGETABLES

Julienne or ribbon the carrot. Slice capsicum and spring onion. Halve snow pea sprouts. Toss together.

Halve asian greens lengthways. Set aside.



4. CRISP THE RICE PAPER ROUNDS

Cover base of frypan, big enough to fit the rice paper rounds, with **oil** over medium-high heat. When oil is hot, place sheet in pan (1 at a time) for 2 seconds until puffed up. Remove with tongs to a sheet of paper towel. Repeat with remaining papers (to taste).



2. MAKE THE DRESSING

Combine 1/2 lime zest and juice (wedge remaining) with **1 tsp sugar, 1 tbsp vinegar, 1 tbsp soy sauce** and **1/2 tbsp oil** (see notes).



5. COOK THE TOFU CAKES & GREENS

Heat a second frypan over medium-high heat with **oil**. Add asian greens to cook for 2-3 minutes each side until charred. Remove and set aside. Cook tofu cakes for 3-4 minutes each side until golden and cooked through.



3. MAKE THE TOFU CAKES

Peel and grate ginger to yield 1/2 tbsp. Dice tofu. Blend together with coconut in a food processor along with **1 tbsp soy sauce** and **1 tbsp oil**. Use oiled hands to shape mixture into 6 patties.



6. FINISH AND PLATE

Place a rice paper puff on each plate. Toss 1/2 the dressing through salad. Divide over plates with asian greens and tofu cakes. Serve with extra rice paper puffs, remaining dressing and lime wedges on the side.