



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LIME

Did you know? Seedless limes are classified as a parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Though some fruits are bred to have no seeds, seedless limes are naturally occurring!

3. THAI TOFU LARB

WITH NOODLES

 30 Minutes

 4 Servings

 Plant-based

Fragrant Thai larb with tofu mince, noodles and fresh salad all dressed with a chilli and lime sauce.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
25g	26g	57g

17 February 2020

FROM YOUR BOX

RICE NOODLES	1 packet
CARROT	1
RED CAPSICUM	1
MINT	1/2 bunch *
SNOW PEA SPROUTS	1/2 punnet *
LIME	1
RED CHILLI	1
GINGER	40g
FIRM TOFU	2 packets

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), soy sauce (or tamari), maple syrup, pepper

KEY UTENSILS

saucepan, frypan

NOTES

Use sesame oil, peanut oil or a neutral flavoured oil in the dressing.

If you don't have a julienne peeler you can ribbon the carrot using a vegetable peeler instead.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2-3 minutes, or until just tender. Drain and rinse in cold water.



2. PREPARE THE SALAD

Julienne or grate carrot. Slice capsicum and roughly chop mint leaves. Set aside with snow pea sprouts.



3. MAKE THE DRESSING

Zest the lime and set aside (for larb). Deseed and chop chilli. Combine with lime juice, **2 tbsp soy sauce**, **1 tbsp maple syrup** and **2 tbsp oil**. Set aside.



4. COOK THE LARB

Peel and grate ginger to yield 1/2 tsp. Heat a frypan over medium-high heat with **1 tbsp oil**. Crumble in tofu. Stir through ginger, reserved lime zest and **1 tbsp soy sauce**. Cook for 5 minutes until fragrant.



5. FINISH AND PLATE

Divide noodles, salad and larb among plates. Spoon over dressing to taste.