



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CORIANDER

The whole coriander plant is edible and with roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



## 4. BANH MI LETTUCE CUPS

### WITH MARINATED TOFU

A fresh and delicious version of the much loved Vietnamese Banh mi rolls! Seared beef strips and pickled vegetables wrapped in lettuce and topped with crunchy peanuts.

 30 Minutes

 2 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
29g	56g	56g

## FROM YOUR BOX

RED ONION	1/4 *
CARROT	1
CONTINENTAL CUCUMBER	1/3 *
BEAN THREAD NOODLES	1 packet
CORIANDER	1/2 packet *
RED CHILLI	1
PEANUTS	1 packet (40g)
CHIPOTLE MAYO	1/2 cup *
BABY COS LETTUCE	1
MARINATED TOFU	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

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

## KEY UTENSILS

saucepan, frypan

## NOTES

The chipotle mayonnaise varies in thickness. If your mayonnaise is already thin enough to drizzle then you won't need to add any water.



### 1. PICKLE THE VEGETABLES

Combine **1 tbsp vinegar** with **1/2 tbsp soy sauce** and **1 tsp sugar**. Thinly slice onion. Julienne or ribbon carrot. Slice cucumber. Toss all together and set aside.



### 2. 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.



### 3. PREPARE THE TOPPINGS

Roughly chop coriander. Slice chilli and chop peanuts. Combine mayo with **1 tbsp water** to reach a drizzling consistency (see notes).

Separate and rinse lettuce leaves.



### 4. COOK THE TOFU

Heat a frypan over medium-high heat with **oil**. Slice tofu and cook in pan for 5 minutes until heated through.



### 5. FINISH AND PLATE

Assemble lettuce cups at the table with noodles, tofu, pickled vegetables, toppings and a drizzle of mayo.