



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

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
25g	37g	33g

FROM YOUR BOX

RED ONION	1/4 *
CARROT	1
BEAN SHOOTS	1 bag (250g)
BEAN THREAD NOODLES	1 packet
CORIANDER	1/2 packet *
RED CHILLI	1
PEANUTS	1 packet (40g)
CHIPOTLE MAYO	3/4 cup *
BABY COS LETTUCE	2 pack
MARINATED TOFU	2 packets

* 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 **2 tbsp vinegar** with **1 tbsp soy sauce** and **2 tsp sugar**. Thinly slice onion. Julienne or ribbon carrot. Toss into dressing along with bean shoots. 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

