



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Fennel


Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews or roasted.




J2 Crispy Barbecue Tofu with Pickled Fennel and Sorghum

Tasty and nutritious meal with lightly pickled fennel tossed with sorghum and barbecue flavoured tofu. Dressed with a light lemon dressing and finished with fresh basil.

 25 minutes

 2 servings

 Plant-Based

4 February 2022

Warm it up!

To make this dish a little warmer, skip marinating the fennel and instead wedge it and roast in the oven. Slice the lemon and add cherry tomatoes onto the tray as well.

Per serve: **PROTEIN** 19g **TOTAL FAT** 43g **CARBOHYDRATES** 36g

FROM YOUR BOX

SORGHUM	1 packet (100g)
LEMON	1
FENNEL	1
BARBECUE TOFU	1 packet (200g)
CHERRY TOMATOES	1 bag (200g)
KALAMATA OLIVES	1 tub (100g)
ROCKET	1 bag (60g)
BASIL	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup

KEY UTENSILS

large frypan, saucepan

NOTES

You can leave the tofu in bigger pieces and cook on the barbecue or on a grill pan if desired.



1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



2. MAKE THE DRESSING

Juice the lemon and whisk together in a small bowl with **3 tbsp olive oil, 1 tbsp water, 1 tsp maple syrup, salt and pepper.**



3. PICKLE THE FENNEL

Finely slice the fennel (keep any fronds for garnish). Place into a non metallic bowl and add 2 tbsp dressing. Mix well and leave to the side.



4. FRY THE TOFU

Cut tofu into small (2cm) dice. Heat a frypan over medium–high heat with **oil**. Add tofu and fry until golden. Remove to paper towel (see notes).



5. PREPARE SALAD

Halve tomatoes and tear olives. Toss with fennel, sorghum and rocket. Season to taste with **salt and pepper.**

Tear basil and keep separate.



6. FINISH AND SERVE

Serve fennel and sorghum salad into bowls. Sprinkle over tofu and basil. Dress to taste with remaining dressing.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

