



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Potatoes

Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



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Baked Tofu “Halloumi” with Charred Corn

All the colours of the rainbow in this dish. Roasted sweet potato and cherry tomatoes, charred corn and coleslaw. Topped with lemony baked tofu and finished with a capsicum sauce.



25 minutes



2 servings



Plant-Based

19 August 2022

Spice it up!

When baking the halloumi, add some ground cumin, coriander or chilli flakes for extra flavour. Cut the sweet potatoes into rounds for a faster finish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	18g	64g

FROM YOUR BOX

SWEET POTATOES	400g
CHERRY TOMATOES	1 packet (200g)
FIRM TOFU	1 packet
LEMON	1
CORN COB	1
COLESLAW	1 bag (250g)
CAPSICUM DIP	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, sumac (see notes), red wine vinegar

KEY UTENSILS

frypan, oven tray x 2

NOTES

Quarter the corn cobs and add to the oven tray if preferred!

If you don't have sumac you can use some smoked paprika for the corn at step 3.



1. ROAST SWEET POTATOES

Set the oven to 220°C.

Dice sweet potatoes and halve cherry tomatoes. Toss on a lined oven tray with, **1 tsp cumin seeds, oil, salt and pepper**. Roast for 20 minutes or until tender (see notes).



2. COOK THE TOFU

Cut tofu into 1 cm thick slices and place on a lined oven tray. Zest lemon to yield 1/2 tbsp. Coat tofu in **olive oil**, lemon zest and **salt**. Bake for 15 minutes or until golden. Wedge lemon for serving.



3. CHAR THE CORN

Heat a frypan over high heat with **oil**. Remove kernels from corn cob and add to pan with **1/4 tsp sumac**. Cook, stirring for 3-4 minutes, until beginning to char.



4. DRESS THE SLAW

In a bowl whisk together **1/2 tbsp olive oil, 1 tsp vinegar, 1/4 tsp sumac, salt and pepper**. Add coleslaw and mix well.



5. MAKE CAPSICUM SAUCE

Mix capsicum dip with **1-2 tbsp water** (to desired consistency).



6. FINISH AND SERVE

Toss charred corn with sweet potato and cherry tomatoes on the tray.

Divide slaw among plates. Top with vegetables and tofu slices. Drizzle with capsicum sauce and add a lemon wedge on the side.

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**

