



### Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is actually a natural cross between broccoli and gai lan.



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## Charred Broccolini Salad with Tofu Dressing

Creamy, dreamy tofu dressing tops this summery charred broccolini salad. Crunchy croutons and capers are sprinkled over to serve to add extra zing.

 25 minutes

 2 servings

 Plant-Based

2 December 2022

## Mix it up!

*Instead of making croutons, cut the flatbread into thin slices. Toast and serve with the remaining ingredients as build-it-yourself bruschetta.*

Per serve: **PROTEIN** 43g **TOTAL FAT** 43g **CARBOHYDRATES** 45g

## FROM YOUR BOX

GLUTEN FREE FLAT BREAD	1 packet
FIRM TOFU	1 packet (300g)
NUTRITIONAL YEAST	1 packet (20g)
LEMON	1
CAPERS	1 jar
BROCCOLINI	1 bunch
AVOCADO	1
BABY COS LETTUCE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

## KEY UTENSILS

grill/frypan, stick mixer/small processor, oven tray

## NOTES

You can also cook the croutons in a frypan if desired.

Use a spatula to press down on the broccolini to achieve char marks.

Cook the broccolini on the barbecue if the weather permits.



### 1. MAKE THE CROUTONS

Set oven to 220°C.

Tear bread into bite size pieces. Toss with **1 tsp smoked paprika, oil, salt and pepper** on a lined oven tray. Cook for 3–5 minutes until crunchy (see notes).



### 4. PREPARE THE FRESH SALAD

Slice avocado and wedge lettuce. Arrange on a platter.



### 2. MAKE THE DRESSING

Place tofu into a jug. Add nutritional yeast, zest from whole lemon and juice from 1/2 (wedge remaining), **2 tbsp olive oil, 1/2 cup water** and half the drained capers. Blend with a stick mixer and season to taste with **salt and pepper**.



### 5. FINISH AND SERVE

Spread half the dressing over a serving platter. Top with fresh salad, broccolini and croutons. Sprinkle over remaining capers and a little extra dressing.



### 3. CHAR THE BROCCOLINI

Heat a grill/frypan over medium–high heat with **oil**. Toss broccolini with **oil, salt and pepper**. Add to pan and cook for 2–3 minutes each side until lightly charred and tender (see notes).

**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**

