



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Chilli


Chillies are rich in vitamin C and boost your metabolism; this is why you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



J2 Chilli Con Tofu with Avocado Mayonnaise

Something a little different... grating the tofu into the chilli mix gives a different texture and makes scooping it up with the crispy tortilla chips easier.

 25 minutes

 2 servings

 Plant-Based

29 July 2022

Speed it up!

Halve and cook the corn cob by boiling or frying, then serve on the side. Instead of grating the tofu, simply tear it into small pieces.

Per serve: **PROTEIN** 36g **TOTAL FAT** 46g **CARBOHYDRATES** 59g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
CORN COB	1
FIRM TOFU	1 packet
TOMATO PASTE SACHET	1
DICED TOMATOES	400g
AVOCADO	1
LIME	1
RED CHILLI	1
TORTILLA STRIPS/CORN CHIPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, chilli flakes (optional)

KEY UTENSILS

large frypan, stick mixer

NOTES

You can use half of the avocado for the mayonnaise, and dice and add the other half to the toppings.

You could easily serve this as nachos, spread the corn chips over a lined oven tray, top with tofu mix and bake. Finish with avocado mayonnaise, chilli, and lime wedges.



1. SAUTÉ THE VEGETABLES

Heat a large frying pan over medium-high heat with **oil**. Slice spring onions (save some green tops for garnish), dice capsicum and remove corn kernels from cob, add to pan as you go. Cook for 5 minutes.



2. ADD THE TOFU

Grate tofu and add to pan along with **1 tbsp smoked paprika**, **1 tbsp ground cumin** and **1/2 tsp chilli flakes** (optional). Cook for 2 minutes then add tomato paste, tomatoes and **1/2 tin water**. Semi-cover and cook for 10 minutes.



3. MAKE THE MAYONNAISE

Peel and roughly dice avocado (see notes). Place into a jug along with zest and juice of half lime, **2 tbsp oil** and **1/4 cup water**. Blend together with a stick mixer and season to taste with **salt and pepper**.



4. PREPARE THE TOPPINGS

Slice reserved spring onions and chilli. Wedge remaining lime.



5. FINISH AND SERVE

Season chilli with **salt and pepper**.

Serve into bowls and top with avocado mayonnaise, fresh chilli and spring onions to taste. Add a wedge of lime and corn tortillas on the side (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

