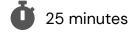






Indonesian Tofu Gado Gado Bowl

A vibrant and flavour-packed dish with crispy fried tofu, potatoes, green beans and crunchy vegetables, drizzled with a creamy cashew satay sauce and finished with lime.







Make Extral

Add some fresh bean shoots, cucumber or capsicum to the bowl. Combine the satay sauce with some coconut milk to make extra dressing!

TOTAL FAT CARBOHYDRATES

72g

FROM YOUR BOX

BABY POTATOES	400g
PURPLE CARROT	1
MINT	1 packet
ROASTED PEANUTS	1 packet (20g)
GREEN BEANS	150g
GILLIN BEANS	8
FIRM TOFU	1 packet
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FIRM TOFU	1 packet

FROM YOUR PANTRY

oil for cooking, cornflour, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Use coconut oil or sesame oil to cook the tofu. Try to toss the tofu sparingly, the longer it stays still in the pan the easier it will crisp. You can season the tofu with soy sauce or tamari if preferred.





1. COOK THE POTATOES

Halve (or quarter) potatoes and add to a saucepan. Cover with plenty of water. Bring to a boil and simmer for 12 minutes (see step 3).



2. PREPARE THE COMPONENTS

Julienne or grate carrot. Pick mint leaves and chop peanuts. Set aside.



3. ADD THE BEANS

Trim and cut beans into thirds. Add to simmering potatoes (after 12 minutes) and cook for 2-3 minutes until tender. Drain and rinse.



4. CRISP THE TOFU

Crumble tofu into a bowl. Toss with 1 tbsp cornflour. Heat a frypan over mediumhigh heat with oil. Add tofu and cook for 5-8 minutes until crispy (see notes). Season well with salt and pepper.



5. PREPARE THE SAUCE

Combine satay sauce with lime zest, juice from 1/2 lime (wedge remaining) and 1-2 tbsp water.



6. FINISH AND SERVE

Divide potatoes, beans, cabbage and tofu among bowls. Spoon over satay sauce. Garnish with mint leaves, chopped peanuts and serve with a lime wedge.





