



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Bean Shoots

Bean shoots are one of the most nutritionally dense foods. They are a great source of vitamins, minerals, proteins and enzymes. Low in calories and high in iron, folate and fibre!



J2 Pan-fried Tofu Fingers with Lemongrass

A flavour-packed sauce of lemongrass, chilli, coriander and a couple of pantry staples make this crispy pan-fried tofu and salad sing.



30 minutes



2 servings



Plant-Based

4 November 2022

Fry it up!

Crumble the tofu (or process it in a food processor). Fry in a large frypan with diced capsicum and julienned carrot. Add the rice, 1/2 bean shoots and sauce. Toss together and serve as fried tofu rice. Top with coriander leaves and remaining bean shoots.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	30g	66g

FROM YOUR BOX

BROWN BASMATI RICE	150g
LEMONGRASS	1 stalk
RED CHILLI	1
CORIANDER	1 packet (10g)
PEANUTS	1 packet (60g)
RED CAPSICUM	1
CARROT	1
BEAN SHOOTS	1 bag
BIO-DYNAMIC FIRM TOFU	1 packet

FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, apple cider vinegar, brown sugar, cornflour

KEY UTENSILS

large frypan, saucepan

NOTES

Use the back of a knife or a rolling pin to bruise the lemongrass before placing it into pan.

For a more authentic flavour we used sesame oil.



1. COOK THE RICE

Place rice and green end of lemongrass (see notes) in a saucepan and cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

De-seed (optional) and finely chop chilli, coriander stems and remaining part of lemongrass. Chop peanuts. Combine with **1 tbsp sugar, 1 tbsp soy sauce, 4 tbsp vinegar** and **3 tbsp water**. Set aside.



3. MAKE THE SALAD

Thinly slice capsicum and julienne carrot. Toss together in a bowl with bean shoots.



4. COOK THE TOFU

Heat a frypan over medium-high heat with **oil**. Season **1/4 cup cornflour** with **pepper**. Cut tofu into fingers and toss with **1/4 cup soy sauce**. Roll in flour and place in pan. Cook in batches for 1–2 minutes on each side until crisp. Drain on paper towel.



5. FINISH AND SERVE

Divide rice among bowls, top with tofu and salad. Spoon over dressing to taste and sprinkle over coriander leaves.

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**

