



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Potatoes


Potatoes have 40% fewer carbohydrates than pasta, 60% more vitamin C than blueberries, and 80% more potassium than bananas!



## J2 Pepperberry Tofu Stew with Roasted Potatoes

GH Produce's Pepperberry Stew spice mix gives this quick tofu stew a beautiful flavour. Paired simply with some roasted potatoes, it is a delicious warming dinner.

 35 minutes

 2 servings

 Plant-Based

27 May 2022

## Mash it up!

*If you prefer, you can boil and mash the potatoes to have with your stew.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	15g	67g

## FROM YOUR BOX

POTATOES	2
ZUCCHINI	1
BROWN ONION	1
CARROT	1
CLASSIC STEW MIX	1 packet (30g)
CHOPPED TOMATOES	400g
FIRM TOFU	1 packet
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES



### 1. ROAST THE POTATOES

Set the oven to 220°C.

Dice potatoes and  $\frac{1}{2}$  the zucchini. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and crunchy.



### 2. SAUTÉ THE ONION

Heat a frypan over medium–high heat with **oil**. Slice onion and add to pan. Cook for 3–4 minutes. Slice carrot and remaining zucchini, cook for a further 2 minutes.



### 3. COMPLETE THE STEW

Add spice mix to pan, cook for 1–2 minutes before adding the tomatoes and  $\frac{1}{4}$  **can water**. Bring to a simmer, cover and cook for 10 minutes.



### 4. ADD THE TOFU

Dice tofu and add to stew. Mix well, cover and simmer for a further 10 minutes. Season with  $\frac{1}{2}$  **tbsp vinegar, salt and pepper**.



### 5. FINISH AND SERVE

Roughly chop parsley.

Serve stew onto plates with potatoes and zucchini. Sprinkle with parsley.

**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](mailto:hello@dinnertwist.com.au)

