



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. Its stalk, leaves and seeds are all edible!



J2 Sticky Barbecue Tofu with Crispy Smashed Potatoes

Sticky barbecue tofu with crispy garlic and parsley smashed potatoes served with fresh fennel and apple salad.



30 minutes



2 servings



Plant-Based

16 September 2022

Mix it up!

Cut the fennel into wedges and toss with oil, salt and pepper. Roast for 15–20 minutes while cooking the tofu. Add the boiled potatoes into the dressing with the apple, celery and parsley.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	28g	91g

FROM YOUR BOX

BABY POTATOES	400g
FIRM TOFU	1 packet
BARBECUE SAUCE	1 bottle
PARSLEY	1 bunch
FENNEL	1
APPLE	1
CELERY STICK	1
SULTANAS	40g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, 1 clove garlic, Dijon mustard

KEY UTENSILS

saucepan, oven tray, baking dish

NOTES

If you get potatoes that are a bit larger, cut them in half before boiling.

You can dice the tofu and thread it onto skewers to cook on the barbecue.



1. COOK THE POTATOES

Set oven to 220°C.

Place potatoes in a saucepan and cover with water (see notes). Bring to a boil and simmer for 15 minutes, or until fork tender. Drain and place on a lined oven tray.



2. BAKE THE TOFU

Press tofu with paper towels to remove excess moisture. Cut tofu into triangles and coat with **oil, salt and pepper** in a lined baking dish. Bake for 15 minutes. Pour over 1/4 cup of barbecue sauce and return to oven for 10 minutes (see notes).



3. MAKE THE DRESSING

In a large bowl whisk together **2 tbsp olive oil, 1/2 tbsp vinegar, 1 tsp mustard, salt and pepper**.



4. SMASH THE POTATOES

Flatten potatoes using the base of a mug or masher. Chop parsley. Sprinkle 2 tbsp parsley (reserve remaining parsley for step 5) over potatoes with **crushed garlic** and drizzle with **oil**. Return to oven for 10 minutes or until golden and crispy.



5. MAKE THE SALAD

Finely slice fennel, dice apple and celery. Add to bowl with dressing along with the sultanas and remaining parsley. Mix well and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide tofu among plates with fennel salad and smashed potatoes. Serve remaining barbecue sauce on the side.

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**

