



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Banging BBQ Sauce


The BBQ sauce in this meal is from GH Produce. One of our favourite, local, artisan producers. The flavour of smoky tomatoes and native pepper berry will have your taste buds dancing!



J4 Cajun Tofu Skewers with Sweet Potato Wedges

Cajun skewers of tofu, zucchini and onion served with sweet potato wedges and salad. Finished perfectly with GH Produce Banging BBQ Sauce.

 25 minutes

 4 servings

 Plant-Based

4 March 2022

Change the flavour!

Cajun spice mixes can vary in heat. Use yours to taste. If you would prefer you could use ground cumin, smoked paprika, dried oregano or any other favourite herb to season the skewers with.

Per serve: **PROTEIN** 32g **TOTAL FAT** 18g **CARBOHYDRATES** 61g

FROM YOUR BOX

SWEET POTATOES	800g
FIRM TOFU	2 packets x 300g
RED ONION	1
ZUCCHINI	1
GREEN CAPSICUM	1
TOMATOES	2
MESCLUN LEAVES	1 bag (120g)
BBQ SAUCE	1 bottle

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cajun spice mix, soy sauce, vinegar of choice (we used balsamic), skewers

KEY UTENSILS

large fry/grill pan, oven tray

NOTES

If you don't want to use skewers, heat a frypan with oil and toss the tofu, zucchini, and onion for 5–6 minutes until tofu is golden and vegetables are tender.



1. COOK SWEET POTATOES

Set oven to 220°C.

Slice sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Cook for 15–20 minutes until golden and cooked through.



2. MAKE THE SKEWERS

Use paper towel or a clean tea towel to pat tofu dry. Cut into cubes, along with onion and zucchini. Toss in a bowl along with **oil, 1 1/2 tbsp cajun spice and 1/2 tbsp soy sauce**. Thread onto skewers (see notes).



3. COOK THE SKEWERS

Heat a fry/grill pan over medium-high heat with **oil**. Add skewers and cook for 6–8 minutes, turning, until golden and vegetables are tender.



4. MAKE THE SALAD

Slice capsicum and tomatoes. Arrange on a platter with mesclun leaves. Whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** in a small bowl.



5. FINISH AND SERVE

Serve skewers onto plates with wedges, salad and barbecue sauce for dipping.

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**

