



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Fennel


Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews or roasted.



## J4 Crispy Barbecue Tofu with Pickled Fennel and Sorghum

Tasty and nutritious meal with lightly pickled fennel tossed with sorghum and barbecue flavoured tofu. Dressed with a light lemon dressing and finished with fresh basil.

 25 minutes

 4 servings

 Plant-Based

4 February 2022

## Warm it up!

*To make this dish a little warmer, skip marinating the fennel and instead wedge it and roast in the oven. Slice the lemon and add cherry tomatoes onto the tray as well.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	25g	27g

## FROM YOUR BOX

SORGHUM	1 packet (200g)
LEMON	1
FENNEL	1
BARBECUE TOFU	2 packets (400g)
CHERRY TOMATOES	1 bag (400g)
KALAMATA OLIVES	1 tub (100g)
ROCKET	1 bag (120g)
BASIL	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can leave the tofu in bigger pieces and cook on the barbecue or on a grill pan if desired.



### 1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 2. MAKE THE DRESSING

Juice the lemon and whisk together in a small bowl with **3 tbsp olive oil, 1 tbsp water, 1 tsp maple syrup, salt and pepper.**



### 3. PICKLE THE FENNEL

Finely slice the fennel (keep any fronds for garnish). Place into a non metallic bowl and add 2 tbsp dressing. Mix well and leave to the side.



### 4. FRY THE TOFU

Cut tofu into small (2cm) dice. Heat a frypan over medium–high heat with **oil**. Add tofu and fry until golden. Remove to paper towel (see notes).



### 5. PREPARE SALAD

Halve tomatoes and tear olives. Toss with fennel, sorghum and rocket. Season to taste with **salt and pepper.**

Tear basil and keep separate.



### 6. FINISH AND SERVE

Serve fennel and sorghum salad into bowls. Sprinkle over tofu and basil. Dress to taste with remaining dressing.

**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**

