



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is actually a natural cross between broccoli and gai lan.



J4

Charred Broccolini Salad with Tofu Dressing

Creamy, dreamy tofu dressing tops this summery charred broccolini salad. Crunchy croutons and capers are sprinkled over to serve to add extra zing.



25 minutes



4 servings



Plant-Based

2 December 2022

Mix it up!

Instead of making croutons, cut the flatbread into thin slices. Toast and serve with remaining ingredients as a build-it-yourself bruschetta.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	21g	28g

FROM YOUR BOX

GLUTEN FREE FLAT BREAD	1 packet
FIRM TOFU	1 packet (300g)
NUTRITIONAL YEAST	1 packet (20g)
LEMON	1
CAPERS	1 jar
BROCCOLINI	2 bunches
AVOCADO	1
CHERRY TOMATOES	1 punnet
GEM LETTUCE	3-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

grill/frypan, stick mixer/small processor, oven tray

NOTES

You can also cook the croutons in a frypan if desired.

Use a spatula to press down on the broccolini to achieve char marks.

Cook the broccolini on the barbecue if the weather permits.



1. MAKE THE CROUTONS

Set oven to 220°C.

Tear bread into bite size pieces. Toss with **1 tsp smoked paprika, oil, salt and pepper** on a lined oven tray. Cook for 3–5 minutes until crunchy (see notes).



4. PREPARE THE FRESH SALAD

Slice avocado and halve cherry tomatoes. Wedge lettuce. Arrange on a platter.



2. MAKE THE DRESSING

Place tofu into a jug. Add nutritional yeast, zest from whole lemon and juice from 1/2 (wedge remaining), **2 tbsp olive oil, 1/2 cup water** and half the drained capers. Blend with a stick mixer and season to taste with **salt and pepper**.



5. FINISH AND SERVE

Spread half the dressing over a serving platter. Top with fresh salad, broccolini and croutons. Sprinkle over remaining capers and a little extra dressing.



3. CHAR THE BROCCOLINI

Heat a grill/frypan over medium-high heat with **oil**. Toss broccolini with **oil, salt and pepper**. Add to pan and cook for 2–3 minutes each side until lightly charred and tender (see notes). Cook in batches if necessary.

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