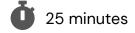




Chilli Con Tofu

with Avocado Mayonnaise

Something a little different... grating the tofu into the chilli mix gives a different texture and makes scooping it up with the crispy tortilla strips easier.







Speed it up!

Halve and cook the corn cobs by boiling or frying, then serve on the side. Instead of grating the tofu, simply tear it into small pieces.

TOTAL FAT CARBOHYDRATES

33g 34g

47g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GREEN CAPSICUM	1
CORN COBS	2
FIRM TOFU	2 packets
TOMATO PASTE SACHET	1 packet
DICED TOMATOES	400g
AVOCADO	1
LIME	1
RED CHILLI	1
TORTILLA STRIPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin, chilli flakes (optional)

KEY UTENSILS

large frypan, stick mixer

NOTES

If the mayonnaise is too thick add some more water to thin it to your desired consistency.

You could easily serve this as nachos, spread the corn chips over a lined oven tray, top with tofu mix and bake. Finish with avocado mayonnaise, chilli and lime wedges.



1. SAUTÉ THE VEGETABLES

Heat a large frying pan over medium-high heat with **oil**. Slice spring onions (save some green tops for garnish), dice capsicum and remove corn kernels from cobs, add to pan as you go. Cook for 5 minutes.



2. ADD THE TOFU

Grate tofu and add to pan along with 2 tbsp smoked paprika, 2 tbsp ground cumin and 1/2-1 tsp chilli flakes (optional). Cook for 2 minutes then add tomato paste, tomatoes and 1 tin water. Semicover and cook for 10 minutes.



3. MAKE THE MAYONNAISE

Peel and roughly dice avocado. Place into a jug along with zest and juice of half lime, **2 tbsp oil** and **1/4 cup water**. Blend together with a stick mixer and season to taste with **salt and pepper** (see notes).



4. PREPARE THE TOPPINGS

Slice reserved spring onions and chilli. Wedge remaining lime.



5. FINISH AND SERVE

Season chilli with salt and pepper.

Serve into bowls and top with avocado mayonnaise, fresh chilli and spring onions to taste. Add a wedge of lime and tortilla strips on the side (see notes).



