



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Red Chilli


Chillies are rich in vitamin C and boost your metabolism; this is why you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



## J4 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.

 25 minutes

 4 servings

 Plant-Based

29 July 2022

## 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.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 34g **CARBOHYDRATES** 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**. Semi-cover 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).

**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](mailto:hello@dinnertwist.com.au)

