



Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



Indonesian Tofu Gado Gado Bowl

A vibrant and flavour-packed dish with crispy fried tofu, potatoes, green beans and crunchy vegetables, drizzled with a creamy cashew satay sauce and finished with lime.



25 minutes



4 servings



Plant-Based

5 May 2023

Make Extra!

Add some fresh bean shoots, cucumber or capsicum to the bowl. Combine the satay sauce with some coconut milk to make extra dressing!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	25g	67g

FROM YOUR BOX

BABY POTATOES	800g
RED CABBAGE	1/4
MINT	1 packet
ROASTED PEANUTS	1 packet (40g)
GREEN BEANS	150g
FIRM TOFU	2 packets
SATAY SAUCE	1 bottle
LIME	1

FROM YOUR PANTRY

oil for cooking, cornflour, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Use coconut oil or sesame oil to cook the tofu. Try to toss the tofu sparingly, the longer it stays still in the pan the easier it will crisp. You can season the tofu with soy sauce or tamari if preferred.



1. COOK THE POTATOES

Halve (or quarter) potatoes and add to a saucepan. Cover with plenty of water. Bring to a boil and simmer for 12 minutes (see step 3).



2. PREPARE THE COMPONENTS

Shred cabbage leaves, pick mint leaves and chop peanuts. Set aside.



3. ADD THE BEANS

Trim and cut beans into thirds. Add to simmering potatoes (after 12 minutes) and cook for 2-3 minutes until tender. Drain and rinse.



4. CRISP THE TOFU

Crumble tofu into a bowl. Toss with **2 tbsp cornflour**. Heat a frypan over medium-high heat with **oil**. Add tofu and cook for 5-8 minutes until crispy (see notes). Season well with **salt and pepper**.



5. PREPARE THE SAUCE

Combine satay sauce with lime zest, juice from 1/2 lime (wedge remaining) and **1-2 tbsp water**.



6. FINISH AND SERVE

Divide potatoes, beans, cabbage and tofu among bowls. Spoon over satay sauce. Garnish with mint leaves, chopped peanuts and lime wedge.



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