



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lebanese cucumbers

Lebanese cucumbers are low in kilojoules and contain vitamins C, A and B6. Nutritionally, their value is in their trace elements, including sodium, potassium and folacin.



J4

Ozzie BBQ Tofu Steaks

with Potato Rounds and Tomato Salad

GH Produce Ozzie BBQ seasoning gives the tofu steaks a great flavour and adds to the coconut yoghurt sauce, served with crispy potato rounds and a simple tomato, cucumber and capsicum salad.



30 minutes



4 servings



Plant-Based

30 September 2022

Make kebabs!

Dice the tofu, tomato and capsicum.

Toss with spice mix and oil. Thread onto skewers and cook on the barbecue.

Serve with the potatoes, diced cucumber and sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	32g	63g

FROM YOUR BOX

POTATOES	800g
FIRM TOFU	2 packets
BARBECUE SEASONING	1 packet (30g)
COCONUT YOGHURT	1 tub (200ml)
TOMATOES	3
LEBANESE CUCUMBER	2
GREEN CAPSICUM	1
SHALLOT	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, maple syrup

KEY UTENSILS

large fry/grill pan, oven tray

NOTES

If preferred, you could put the tofu on a lined oven tray and bake for 10 minutes.



1. ROAST THE POTATOES

Set oven to 250°C.

Cut potatoes into 1-2 cm rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until golden and crispy. Turn halfway through cooking time.



4. MAKE THE SALAD

Dice tomatoes, cucumbers and capsicum. Thinly slice shallot. Toss together in a bowl with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



2. MAKE THE STEAKS

Cut tofu into slices. Mix together barbecue seasoning (reserve 2 tsp for sauce), **1/2 tbsp maple syrup** and **3 tbsp oil**. Rub over tofu and leave to the side.



5. COOK THE TOFU

Heat a fry/grill pan over medium-high heat with **oil** (see notes). Add tofu slices and cook for 2-3 minutes each side until golden.



3. MAKE THE SAUCE

In a bowl mix together remaining barbecue seasoning, yoghurt, **1/2 tbsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Serve potatoes, salad and tofu steaks onto plates. Add sauce to taste.

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**

