



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Ginger


Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



J4 Pad Thai with Soy Fried Tofu

Crumbled soy fried tofu with Pad Thai noodles; a tasty and satisfying Thai-style dinner.

 25 minutes

 4 servings

 Plant-Based

10 June 2022

Season to taste!

As with many Asian dishes you can season to taste with extra soy or chilli sauce, sugar or lime. Add any other vegetables you may have in the fridge and, of course, fresh chilli to garnish.

Per serve: **PROTEIN** 42g **TOTAL FAT** 35g **CARBOHYDRATES** 121g

FROM YOUR BOX

RICE NOODLES	1 packet (375g)
LIME	1
GINGER	1 piece
SPRING ONIONS	1 bunch
SNOW PEAS	1 packet (250g)
CARROT	1
PEANUTS	1 packet (80g)
FIRM TOFU	2 packets

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or tamari, rice or white wine vinegar, sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

If you have them, use rice wine vinegar, palm sugar and peanut oil for a more authentic taste. You can also replace the sugar with the same amount of sweet chilli sauce if preferred.



1. COOK THE NOODLES

Bring a saucepan of water to the boil, add noodles and cook according to packet instructions. Drain and rinse in cold water.



2. MAKE THE SAUCE

Zest lime and leave to the side (for step 5), juice half and wedge remaining. Combine lime juice with **3 tbsp soy sauce**, **2 tbsp vinegar**, **2 tbsp sugar** and **3 tbsp oil** in a bowl (see notes).



3. PREPARE THE VEGETABLES

Grate ginger, slice spring onions (keep some green tops for garnish) and snow peas. Julienne or grate carrot and roughly chop peanuts.



4. FRY THE TOFU

Heat a large frypan over medium-high heat with **oil**. Crumble tofu into pan. Cook, stirring, for 2-3 minutes along with **1 tbsp soy sauce** and **pepper**. Remove from pan, keep pan over heat.



5. MAKE THE PAD THAI

Add **2 tbsp oil** to pan along with prepared vegetables and half the peanuts. Stir fry for 3-4 minutes. Add noodles and sauce. Toss until heated through. Season with lime zest, **extra soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide noodles between plates and top with reserved spring onion tops, peanuts and a lime wedge.

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

