



Product Spotlight: Potatoes


Potatoes have 40% fewer carbohydrates than pasta, 60% more vitamin C than blueberries, and 80% more potassium than bananas!



J4 Pepperberry Tofu Stew with Roasted Potatoes

GH Produce's Pepperberry Stew spice mix gives this quick tofu stew a beautiful flavour. Paired simply with some roasted potatoes, it is a delicious warming dinner.

 35 minutes

 4 servings

 Plant-Based

27 May 2022

Mash it up!

If you prefer, you can boil and mash the potatoes to have with your stew. You can even add the broccoli and have a mighty green mash!

Per serve: **PROTEIN** 37g **TOTAL FAT** 14g **CARBOHYDRATES** 64g

FROM YOUR BOX

POTATOES	800g
BROWN ONION	1
CARROTS	2
CLASSIC STEW MIX	1 packet (30g)
TOMATO PASTE SACHET	1
CHOPPED TOMATOES	400g
FIRM TOFU	2 packets
BROCCOLI	1
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

You can steam or quickly fry the broccoli in a little oil and water if preferred. Add 1 tsp lemon pepper for extra flavour if desired.



1. ROAST THE POTATOES

Set the oven to 220°C.

Dice potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and crunchy.



2. SAUTÉ THE ONION

Heat a frypan over medium–high heat with **oil**. Slice onion and add to pan. Cook for 3–4 minutes. Slice and add carrots, cook for a further 2 minutes.



3. COMPLETE THE STEW

Add the spice mix and tomato paste. Cook for 1–2 minutes before adding the tomatoes and **1/2 can water**. Bring to a simmer, cover and cook for 10 minutes.



4. ADD THE TOFU

Dice tofu and add to stew. Mix well, cover and simmer for a further 10 minutes. Season with **1 tbsp vinegar, salt and pepper**.



5. ROAST THE BROCCOLI

Cut broccoli into florets and toss with **oil, salt and pepper**. Add to roasting tray (see notes) for the last 5–10 minutes of time.



6. FINISH AND SERVE

Roughly chop parsley.

Serve stew onto plates with potatoes and broccoli. Sprinkle with parsley.

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**

