



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. Its stalk, leaves and seeds are all edible!



## J4 Sticky Barbecue Tofu with Crispy Smashed Potatoes

Sticky barbecue tofu with crispy garlic and parsley smashed potatoes served with fresh fennel and apple salad.



30 minutes



4 servings



Plant-Based

16 September 2022

## Mix it up!

*Cut the fennel into wedges and toss with oil, salt and pepper. Roast for 15-20 minutes while cooking the tofu. Add the boiled potatoes into the dressing with the apple, celery and parsley.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	32g	24g	81g

## FROM YOUR BOX

BABY POTATOES	800g
FIRM TOFU	2 packets
BARBECUE SAUCE	1 bottle
PARSLEY	1 bunch
FENNEL	1
APPLES	2
CELERY STICKS	3
SULTANAS	40g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, 1 clove garlic, Dijon mustard

## KEY UTENSILS

saucepan, oven tray, baking dish

## NOTES

If you get potatoes that are a bit larger, cut them in half before boiling.

You can dice the tofu and thread it onto skewers to cook on the barbecue.



### 1. COOK THE POTATOES

Set oven to 220°C.

Place potatoes in a saucepan and cover with water (see notes). Bring to a boil and simmer for 15 minutes, or until fork tender. Drain and place on a lined oven tray.



### 4. SMASH THE POTATOES

Flatten potatoes using the base of a mug or masher. Chop parsley. Sprinkle 2 tbsp parsley (reserve remaining parsley for step 5) over potatoes with **crushed garlic** and drizzle with **oil**. Return to oven for 10 minutes or until golden and crispy.



### 2. BAKE THE TOFU

Press tofu with paper towels to remove excess moisture. Cut tofu into triangles and coat with **oil, salt and pepper** in a lined baking dish. Bake for 15 minutes. Pour over 1/2 cup of barbecue sauce and return to oven for 10 minutes (see notes).



### 5. MAKE THE SALAD

Finely slice fennel, dice apples and celery. Add to bowl with dressing along with the sultanas and remaining parsley. Mix well and season to taste with **salt and pepper**.



### 3. MAKE THE DRESSING

In a large bowl whisk together **3 tbsp olive oil, 1 tbsp vinegar, 1/2 tbsp mustard, salt and pepper**.



### 6. FINISH AND SERVE

Divide tofu among plates with fennel salad and smashed potatoes. Serve remaining barbecue sauce on the side.

**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**

