



### Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is actually a natural cross between broccoli and gai lan.



## J4 Sticky Tofu with Lime-Chilli Broccolini

Tofu tossed with kecap manis and pan fried for caramelised sweetness, accompanied by capsicums and seared lime-chilli broccolini.

 25 minutes

 4 servings

 Plant-Based

13 May 2022

## Stir-fry instead!

*Dice the tofu, slice capsicums and onion. Cut the broccolini into 3cm pieces. Stir-fry altogether and finish with soy sauce, lime zest and juice. Serve over noodles.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 24g **CARBOHYDRATES** 89g

## FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (200g)
FIRM TOFU	2 packets
CAPSICUMS	2
RED ONION	1
LIME	1
GREEN CHILLI	1
BROCCOLINI	2 bunches
ROASTED CASHEWS	1 packet (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, kecap manis (see notes), soy sauce

## KEY UTENSILS

large frypan x 2, saucepan

## NOTES

Kecap manis is a sweet dark soy sauce. If you don't have it in your pantry, substitute with hoisin or soy sauce and sugar to taste.

Use chilli to taste or omit altogether and use it as a garnish.

Serve with extra kecap manis and chilli sauce if desired.



### 1. COOK THE NOODLES

Fill a saucepan with water and bring to the boil. Add noodles to boiling water and simmer for 2 minutes, or until cooked al dente. Drain and rinse in cold water.



### 2. COOK THE TOFU

Slice tofu into 1.5 cm pieces and toss with **1/3 cup kecap manis**. Heat a large frypan over medium-high heat with **oil**. Remove excess sauce from tofu and cook for 2 minutes each side until caramelised. Remove from pan, keep pan.



### 3. COOK THE CAPSICUMS

Roughly slice capsicums and onion. Add to frypan with **oil** and any remaining kecap manis from tofu and **1/3 cup water**. Cook for 3-4 minutes until softened. Return tofu and remove from heat.



### 4. MAKE THE DRESSING

Zest whole and juice 1/2 lime (wedge remaining), and slice chilli (see notes). Mix in a small bowl along with **1 tbsp olive oil**, **1/2 tbsp soy sauce** and **pepper**.



### 5. COOK THE BROCCOLINI

Trim and halve broccolini. Heat frypan over medium-high heat with **oil**. Add broccolini and cook for 2-3 minutes until just tender. Remove from heat and toss with lime-chilli dressing.



### 6. FINISH AND SERVE

Roughly chop cashews.

Divide noodles among plates and top with tofu and vegetables. Pour over sauce to taste and sprinkle with cashews (see notes).

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