



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



J4 Tofu Gado Gado

Sweet chilli tofu served with lightly pickled cabbage, baby potatoes, assorted vegetables and cashew satay sauce.



25 minutes



4 servings



Plant-Based

18 November 2022

Change it up!

Halve the baby potatoes and roast them in the oven tossed in oil, ground coriander, salt and pepper. Wedge the cabbage and rub it with oil. Place on a hot grill for 2-3 minutes on each side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	25g	79g

FROM YOUR BOX

BABY POTATOES	800g
CABBAGE	1/2
GREEN BEANS	1 packet (150g)
RADISHES	1 bunch
LEBANESE CUCUMBER	1
SATAY CASHEW SAUCE	1 bottle
LEMON	1
SWEET CHILLI TOFU	1 packet
FRIED SHALLOTS	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, sugar (of choice)

KEY UTENSILS

frypan, saucepan

NOTES

If preferred thinly slice the beans and leave fresh.



1. COOK THE POTATOES

Halve or quarter potatoes and place in a saucepan, cover with water. Bring to a boil and simmer for 10–15 minutes, or until tender. Drain and run under cold water.



2. PICKLE THE CABBAGE

Thinly slice cabbage and place into a glass or ceramic bowl. Toss with **1 tbsp vinegar**, **2 tsp sugar, salt and pepper**. Toss well and set aside.



3. COOK THE BEANS

Trim and halve beans. Heat a frypan over medium-high heat with **1/3 cup water**. Add beans and cook for 2–3 minutes until just tender (see notes). Drain and run under cold water. Reserve frypan for step 5.



4. PREPARE THE FRESH SALAD

Wash, trim and slice radishes and slice cucumber.

Tip satay sauce into a bowl and add juice from 1/2 lemon (wedge remaining).



5. COOK THE TOFU

Re-heat frypan over medium-high heat with **oil**. Slice and add tofu, cook for 3 minutes. Add 2 tbsp of the sauce and toss to coat.



6. FINISH AND SERVE

Layer the cabbage, potatoes, beans and fresh ingredients on a large serving platter. Add tofu, lemon wedges, fried shallots and a drizzle of sauce. Take to the table for sharing with the remaining sauce.

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**

