



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!



Tofu and Vegetable Skewers

with Potato Salad

This dish is sure to be a summer favourite. Baby potatoes tossed with plant-based mayo and olives. Served alongside fresh rocket and tofu veggie skewers.



30 minutes



4 servings



Plant-Based

23 December 2022

Stretch it out!

Extra mouths to feed? Add some mushrooms or cherry tomatoes onto the skewers. Bulk up the potato salad with sweet potato, celery, or avocado.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	62g	71g

FROM YOUR BOX

BABY POTATOES	1kg
FIRM TOFU	2 packets
RED ONION	1
GREEN CAPSICUM	1
PLANT BASED MAYONNAISE	1 jar
GREEN OLIVES	1 jar
ROCKET	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried dill, lemon pepper, paprika

KEY UTENSILS

large grill/frypan, saucepan

NOTES

You can also cook the skewers on the barbecue.

Serve with your favourite BBQ sauces as well.

You can also serve individual plates if preferred.



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. MAKE THE SKEWERS

Dice tofu, 3/4 red onion (keep remaining for step 4) and capsicum. Place into a bowl and toss with **3 tsp lemon pepper**, **2 tsp paprika**, **oil** and **salt**. Thread onto skewers.



3. COOK THE SKEWERS

Heat a grill/fry pan over medium-high heat with **oil** (see notes). Add skewers and cook for 10 minutes, turning, or until cooked through.



4. TOSS THE SALAD

In a large bowl whisk together 1/2 jar mayonnaise, **2 tsp dill** and **1 tbsp water**.

Finely dice remaining onion and roughly chop or tear olives. Add to bowl with potatoes and mix well. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Arrange skewers, potato salad, rocket and remaining mayonnaise on a large serving platter. Take to the table for sharing (see notes).

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**

