DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**Product Spotlight:
Asian Dressing**

We love this flavourful Asian-style dressing with soy sauce (GF), sesame seeds & desert lime, made locally by GH Produce! Paired with orange juice, it creates a fresh citrus flavour for this dish.
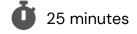
GH PRODUCE

Crispy Salt and Pepper Tofu Bowl
with Desert Lime Dressing

Crispy cubes of salt and pepper tofu on a bed of black rice with garlic stir-fry greens, creamy avocado and chilli, finished with a delicious Asian dressing with native lime from GH produce.

Add some extra!

You can add some toasted sesame seeds, peanuts or fried shallots to garnish this dish!

⏱ 25 minutes   🍴 2 servings   🌱 Plant-Based

4 August 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	33g	86g

FROM YOUR BOX

BLACK RICE	150g
ORANGE	1
ASIAN DRESSING	1 bottle
AVOCADO	1
RED CHILLI	1
FIRM TOFU	1 packet
ASIAN GREENS	1 bunch
SPRING ONIONS	1 bunch
GARLIC CLOVE	1

FROM YOUR PANTRY

sesame oil, salt, pepper, cornflour

KEY UTENSILS

large frypan, saucepan

NOTES

You can use some ground sichuan pepper or white pepper if you have some!

You can use the air fryer to crisp up your tofu if you have one!

1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes or until tender. Drain and rinse.

2. PREPARE THE TOPPINGS

Combine orange zest and juice with Asian dressing. Slice avocado and chilli. Set aside.

3. PREPARE THE COMPONENTS

Pat tofu dry with paper towel. Dice and coat with **1 tbsp cornflour** and a generous amount of **salt and pepper** (see notes). Set aside.

Trim and slice Asian greens and spring onions into 4cm lengths.

4. CRISP THE TOFU

Heat a large frypan over high heat with **sesame oil** (see notes). Add tofu and cook, turning for 6-8 minutes until golden. Remove from pan and set aside.

5. COOK THE GREENS

Add greens and spring onions to pan with more **sesame oil**. Crush in garlic clove and cook for 5 minutes until tender. Season with **salt and pepper**.

6. FINISH AND SERVE

Divide rice, tofu, greens and avocado among bowls. Garnish with chilli and spoon over dressing to taste.

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**