



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: COCONUT MILK

Coconut milk is the liquid that comes from blending the meat of a coconut with water. The principal medium chain fatty-acids in coconut are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



2. LEMONGRASS TOFU

WITH COCONUT RICE

 30 Minutes

 4 Servings

 Plant-based

Creamy coconut rice with golden turmeric and lemongrass tofu, served with a fresh mint and cucumber salad.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
25g	46g	35g

20 April 2020

FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	400ml
LEMONGRASS	1 stalk
FIRM TOFU	2 packets
RED ONION	1/2 *
CONTINENTAL CUCUMBER	1
CARROTS	2
MINT	1/2 bunch *
BEAN SHOOTS	1 bag

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground turmeric, white wine vinegar

KEY UTENSILS

saucepan with lid, frypan

NOTES

Bruise the lemongrass stalk first to release the perfumes. Cut the stalk in halve lengthways and cut out the core.

Use sesame oil to dress the salad for extra flavour.



1. COOK THE COCONUT RICE

Place rice in a saucepan, add coconut milk, **1/2 tsp salt** and **400ml water (1 tin)**. Cover with a lid, cook on the lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE TOFU

Finely chop white end of lemongrass (see notes). Combine with **2 tsp ground turmeric**, **2 tbsp oil**, **salt and pepper**. Dice tofu and slice onion. Coat with marinade.



3. PREPARE THE SALAD

Ribbon the cucumber and carrots using a vegetable peeler. Slice mint leaves. Toss together with bean shoots, **2 tbsp vinegar** and **2 tbsp olive oil** (see notes).



4. COOK THE TOFU

Heat a frypan with **oil** over medium-high heat. Cook tofu and onion for 6-8 minutes tossing until cooked through.



5. FINISH AND PLATE

Divide rice, tofu and salad among plates.