



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

 2 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
26g	48g	42g

20 April 2020

FROM YOUR BOX

BASMATI RICE	150g
COCONUT MILK	165ml
LEMONGRASS	1 stalk
FIRM TOFU	1 packet
RED ONION	1/2 *
LEBANESE CUCUMBER	1
CARROT	1
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 before slicing.

Use sesame oil to dress the salad for extra flavour.



1. COOK THE COCONUT RICE

Place rice, coconut milk and **1 cup water** into a saucepan and season with **salt**. Bring to the boil, stir then reduce heat to medium-low. Simmer, covered, for 10-12 minutes (add more water if needed). Take off heat and allow to stand, covered, for 5 minutes.



2. PREPARE THE TOFU

Finely chop white end of lemongrass (see notes). Combine with **1 tsp ground turmeric, 1 tbsp oil, salt and pepper**. Dice tofu and slice onion. Coat with marinade.



3. PREPARE THE SALAD

Ribbon the cucumber and carrot using a vegetable peeler. Slice mint leaves. Toss together with bean shoots, **1 1/2 tbsp vinegar** and **1 1/2 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.