



Product Spotlight: Basil


The fridge can often be too cold for storing basil, causing the leaves to turn black. Instead, try trimming the stalk ends and place in a jar with 2cm water. Cover with a loose fitting bag and leave at room temperature.



1 Coconut Pancakes with Scrambled Tofu

Vietnamese-style coconut and rice flour pancakes served with scrambled tofu, fresh vegetables and a zingy lime dressing.

 35 minutes

 2 servings

 Plant-Based

17 December 2021

Bulk it up!

If you're looking to bulk up this dish, add some fresh bean shoots or cooked rice vermicelli noodles to the filling.

Per serve: **PROTEIN** 18g **TOTAL FAT** 26g **CARBOHYDRATES** 69g

FROM YOUR BOX

PANCAKE MIX	1 packet (126g)
COCONUT MILK	1 tin (165ml)
CARROT	1
LEBANESE CUCUMBER	1
BASIL	1 packet
RED CHILLI	1
SILKEN TOFU	1 packet
LIME	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sweet chilli sauce

KEY UTENSILS

2 frypans

NOTES

The pancake mixture is made up of rice flour and ground turmeric.

To make these pancakes we recommend using a non-stick frypan. It is very important that the pans are roaring hot to the point that the pancake mixture will appear to boil when it hits the pan. Wipe out the pan you cooked the tofu in and use two frypans to cook pancakes to speed up the process.



1. MIX THE PANCAKES

In a large bowl whisk together pancake mix, coconut milk, **120ml water and 2 tsp soy sauce**. Place in fridge to set until needed.



2. PREPARE VEGETABLES

Julienne or grate carrot. Deseed (optional) cucumber and thinly slice. Slice basil leaves and thinly slice chilli.



3. SCRAMBLE THE TOFU

Heat a frypan over medium-high heat with **oil**. Drain any liquid off tofu and add to pan with chilli slices to taste. Break tofu into pieces and scramble for 3-5 minutes. Season with **soy and pepper**.



4. COOK THE PANCAKES

Heat a second frypan (see notes) over high heat with **oil**. Add 1/2 cupfuls of batter and swirl to coat base of the pan. Cook for 3-4 minutes or until pancake is cooked through and edges are slightly brown and lifting away from the pan. Slide onto plates to serve. Repeat with remaining batter (makes 8 pancakes).



5. MAKE THE SAUCE

Zest lime to yield 1/2 tbsp. Juice lime. Whisk together in a bowl with **1 tbsp sweet chili sauce**.



6. FINISH AND SERVE

Fill pancakes with prepared vegetables and tofu scramble. Serve with sauce on the side.

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