



Product Spotlight: Lime


Lime offers a heap of vitamins and minerals, including potassium. Potassium is important for maintaining nerve and muscle function, as well as healthy blood pressure levels.



4 Peanut Satay Tofu Bowl

Tofu skewers flavoured with peanut satay sauce, served in a bowl with fresh vegetables, rice noodles and lime wedges.

 30 minutes

 2 servings

 Plant-Based

26 November 2021

Speed it up!

If you don't want to make skewers with your tofu, skip this step. Simply warm the tofu in a frypan and serve with the bowls.

Per serve: **PROTEIN** 25g **TOTAL FAT** 73g **CARBOHYDRATES** 146g

FROM YOUR BOX

RICE NOODLES	1 packet (200g)
SATAY SAUCE	1 jar
TOFU	1 packet (200g)
ASIAN GREENS	2 bulbs
CARROT	1
YELLOW CAPSICUM	1
LIME	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, skewers (see notes)

KEY UTENSILS

griddle pan, saucepan, frypan

NOTES

If you are using wooden skewers, soak them in water to prevent them from burning.

Instead of a griddle pan you can use a BBQ or frypan.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse well in cold water. Add noodles back to pan and toss with 1 tbsp satay sauce and **2 tsp** oil.



2. MAKE THE SKEWERS

Cut tofu into bite-sized pieces. Thread onto skewers.



3. COOK THE SKEWERS

Heat a griddle pan (see notes) over medium-high heat with **oil**. Cook skewers, turning occasionally, for 4–6 minutes or until golden and warmed through.



4. COOK ASIAN GREENS

Heat a frypan over medium-high heat with **oil**. Quarter Asian greens and add to pan. Cook, turning, for 6–8 minutes or until lightly charred on each side. Season with **salt and pepper**.



5. PREPARE VEGETABLES

Julienne or ribbon carrot. Thinly slice capsicum and wedge lime.

Mix remaining satay sauce with 1–2 tbsp water to thin out.



6. FINISH AND SERVE

Divide noodles among bowls. Top with skewers, Asian greens and fresh vegetables. Serve with remaining satay sauce.

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

