



Product Spotlight: Tomatoes


Did you know tomatoes are classified as an everyday super-fruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.



4 Mexican Tofu Sofritas Taco Platter

Tofu browned and cooked in custom Mexican spice blend and tomato paste, served on a platter with fresh vegetables and corn tortillas.

 30 minutes

 2 servings

 Plant-Based

31 December 2021

Bulk it up!

If you are looking to bulk up this meal you can add some refried beans or tinned black beans, or grilled vegetables like capsicum or zucchini to the platter.

Per serve: **PROTEIN** 37g **TOTAL FAT** 28g **CARBOHYDRATES** 78g

FROM YOUR BOX

SHALLOT	1
JALAPEÑO	1
CORN COB	1
FIRM TOFU	1 packet
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
CORN TORTILLAS	8-pack
TOMATO	1
AVOCADO	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, apple cider vinegar

KEY UTENSILS

2 frypans

NOTES

Tortillas could also be warmed in a sandwich press. Keep tortillas warm by wrapping in a fresh tea towel until serving.



1. MAKE THE PICKLES

In a non-metallic bowl whisk together **2 tbsp vinegar** and **1 tsp salt**. Thinly slice shallot and jalapeño. Add to bowl and leave to pickle. Stir occasionally.



2. COOK THE CORN

Heat a frypan over medium-high heat with **oil**. Add corn and cook, turning occasionally, for 8-10 minutes or until golden and tender. Remove from pan to cool.



3. BROWN THE TOFU

Heat a second frypan over medium-high heat with **oil**. Slice tofu and add to pan. Cook for 4-5 minutes each side until lightly browned.



4. MAKE THE SOFRITAS

Add tomato paste to pan along with **3 tsp Mexican spice mix**. Use spoon to crumble tofu and mix to combine. Pour in **1/2 cup water**. Gently simmer for 8-10 minutes. Season with **salt and pepper**.



5. PREPARE INGREDIENTS

Warm tortillas in a dry frypan in batches, according to packet instructions. Keep warm until serving (see notes). Dice tomato and avocado. Slice corn into small cobbettes. Arrange on a platter.



6. FINISH AND SERVE

Drain pickles. Add to platter with prepared ingredients and sofritas to serve at the table.

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**

