



Product Spotlight: Ginger

Ginger is really great to help with metabolism! It is anti-inflammatory and immune boosting. Add to hot water for a simple ginger tea!



2 Ginger Tofu Stir Fry

Stir fried tofu with baby wombok cabbage, red capsicum and carrot with noodles, in a sunshine sauce of ginger, sesame oil and lime.

 30 mins

 2 servings

 Plant-Based

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Spice it up!

Can you handle the heat? If you dare to, adding fresh cut red chilli or dried chilli flakes will bring some extra zing to this stir fry.

Per serve: **PROTEIN** 31g **TOTAL FAT** 37g **CARBOHYDRATES** 107g

FROM YOUR BOX

BABY WOMBOK CABBAGE	1/2 *
RED CAPSICUM	1/2 *
BROWN ONION	1/2 *
CARROT	1
TOFU	1 packet
GINGER	1 piece
LIME	1
RICE NOODLES	1 packet
PEANUTS	1 packet (40g)
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

pepper, 1 garlic clove, soy sauce (or tamari), sesame oil

KEY UTENSILS

large frypan, saucepan

NOTES

As well as the juice, you can also add in the zest of the lime to the dressing if you wish.



1. PREPARE VEGETABLES

Bring a saucepan of water to the boil.

Slice the cabbage and capsicum, dice onion. Julienne (or grate) carrot. Cut the tofu into small cubes.



2. MAKE SAUCE

Peel and grate ginger to yield 1 tbsp. Combine with **1 crushed garlic clove**, **1 tbsp soy sauce**, **1 tbsp sesame oil**, and juice of half a lime (see notes), wedge remaining lime for serving. Season with **pepper**.



3. COOK VEGETABLES

Heat a frypan over medium high-heat with **sesame oil**, add in prepared vegetables and tofu, sauté for 5–8 minutes. Remove from the heat and mix in sauce.



4. COOK THE NOODLES

Add noodles to boiling water and cook for 4–6 minutes or until al-dente. Drain and rinse, toss with a little **oil** if sticking together.



5. PREPARE GARNISH

Roughly chop the peanuts and coriander.



6. FINISH AND PLATE

Divide the noodles and stir fry evenly among bowls. Top with prepared garnish and lime wedges.

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

