



Product Spotlight: Tofu

Tofu is a great source of protein for vegetarians. It also contains all eight amino acids that our bodies cannot produce and need from food.



3 Cumin Lentil Salad with Tofu & Chutney Dressing

Golden cubes of spiced tofu with charred red peppers, grilled asparagus and Puy lentils, all tossed with a mango coconut chutney dressing.



30 minutes



2 servings



Plant-Based

2 November 2020

Spice it up!

You can add some fresh herbs to this salad such as mint or coriander. If you're not a fan of lentils you can use red or brown rice instead.

Per serve: **PROTEIN** 25g **TOTAL FAT** 20g **CARBOHYDRATES** 41g

FROM YOUR BOX

PUY LENTILS	1 packet (100g)
CHERRY TOMATOES	1/2 bag (100g) *
ROASTED RED PEPPERS	1/2 jar *
CONTINENTAL CUCUMBER	1/3 *
LEMON	1/2 *
MANGO CHUTNEY	1 tub (50g)
FIRM TOFU	1 packet (400g)
ASPARAGUS	1 bunch

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac (optional, see notes), cumin seeds (or ground cumin)

KEY UTENSILS

frypan, saucepan

NOTES

If you don't have sumac you can use smoked paprika, ground turmeric or garam masala instead for some extra flavour.

If you have any leftover lemon after making the dressing, you can squeeze the extra juice over the tofu as it cooks.



1. COOK THE LENTILS

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



2. PREPARE THE SALAD

Halve cherry tomatoes. Slice drained peppers and dice cucumber.



3. MAKE THE DRESSING

Whisk together 1/2 tbsp lemon juice with chutney, **1/2 tbsp water** and **1 tbsp olive oil**. Season with **salt and pepper**.



4. PREPARE THE TOFU

Dice tofu. Trim and slice asparagus into thirds. Coat with **1/2 tsp sumac**, **1/2 tsp cumin seeds**, **oil**, **salt and pepper** (see notes).



5. COOK THE TOFU

Heat a frypan over medium-high heat. Cook tofu and asparagus for 4–5 minutes, turning, until golden.



6. FINISH AND PLATE

Toss the lentils, salad, dressing, tofu and asparagus together. Divide among plates to serve.

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**

