



### Product Spotlight: Broccoli

Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



## 4 Broccoli & Tofu Patties with Mint Yoghurt

Golden broccoli patties with lemon, chilli and thyme, served with a crisp garden salad and a cool mint yoghurt dipping sauce.

 35 mins

 2 servings

 Plant-Based

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### Mix it up!

*If you don't feel like making the patties you can slice the tofu and broccoli, coat with the lemon zest and seasoning then cook on the BBQ or on a griddle pan.*

Per serve: **PROTEIN** 32g **TOTAL FAT** 48g **CARBOHYDRATES** 31g

## FROM YOUR BOX

BABY COS LETTUCE	1
RED CAPSICUM	1/2 *
CARROT	1
MINT	1/2 bunch *
COCONUT YOGHURT	1 tub (120g)
FIRM TOFU	1 packet (400g)
BROCCOLI	1/2 *
LEMON	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, vinegar (of choice), chilli flakes (optional), dried thyme

## KEY UTENSILS

large frypan, food processor

## NOTES

If you have any nutritional yeast or spare nut cheese you can add some to the mix for extra flavour. If you don't have a food processor refer to the "Mix it Up" notes on the cover for an alternative way of cooking the tofu and broccoli.

When shaping the patties, use your hands to firmly press the mixture together. This will help them hold their shape. They will be easier to turn in the pan if they aren't too flat. Be gentle when turning them in the pan.



### 1. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice capsicum and ribbon carrot using a vegetable peeler. Toss together and set aside.



### 2. MAKE THE DIPPING SAUCE

Slice mint leaves. Combine with coconut yoghurt, **1 tbsp vinegar**, **1 tbsp water** and **1 tbsp olive oil**. Season with **salt and pepper**.



### 3. PREPARE THE PATTIES

Dice tofu. Cut broccoli into florets. Add to a food processor with lemon zest, 1/2 lemon juice, **1/4 tsp chilli flakes (optional)**, **1/2 tsp dried thyme** and **1 tbsp olive oil**. Season well with **salt and pepper**. Process until well combined (see notes).



### 4. COOK THE PATTIES

Heat a frypan over medium-high heat with **oil**. Use oiled hands to shape even size patties (see notes). Cook (in batches if needed) for 3-4 minutes each side until golden, add more oil if needed.



### 5. FINISH AND PLATE

Whisk together 2 tsp lemon juice with **1 tbsp olive oil**. Toss through salad. Divide over plates with patties and serve with dipping 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**

