




### 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

 4 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** 20g **TOTAL FAT** 58g **CARBOHYDRATES** 121g

## FROM YOUR BOX

RICE NOODLES	1 packet (375g)
SATAY SAUCE	1 jar
TOFU	2 packets (400g)
ASIAN GREENS	1 bunch
CARROTS	2
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 carrots. 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](mailto:hello@dinnertwist.com.au)

