



### Product Spotlight: Coriander


The whole coriander plant is edible with roots carrying the most flavour! Some people dislike it and think it has an unpleasant 'soapy' taste which is actually to do with genetics!



## 1 Crispy Salt & Pepper Tofu with Herb Salad

A fresh herb salad with mint, coriander, chilli and lime tossed with crispy bean thread noodles and topped with salt and pepper tofu.

 35 minutes

 4 servings

 Plant-Based

15 February 2021

## Spice it up!

*You can add peanuts, toasted sesame seeds or shredded coconut to garnish for a more exciting dish! Spice the tofu with ground coriander or cumin before cooking for added flavour.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 25g **CARBOHYDRATES** 36g



## FROM YOUR BOX

LIME	1
MINT	1/2 bunch *
CORIANDER	1 packet
SPRING ONIONS	1/3 bunch *
RED CHILLI	1
CHERRY TOMATOES	1 bag (200g)
MESCLUN LEAVES	1 bag (200g)
BEAN THREAD NOODLES	1 packet (100g)
FIRM TOFU	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil, sugar (brown or of choice), flour (of choice), soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Deseed the chilli if you prefer less heat.

If you prefer to not crisp up the noodles you can boil them in water instead. To crisp the noodles, use a neutral flavoured oil. Pull the noodles apart in a large bowl and use scissors to cut them into smaller pieces.



### 1. PREPARE THE DRESSING

Zest and juice the lime. Combine with **1 tbsp sugar**, **2 tbsp soy sauce** and **1 tbsp sesame oil**. Set aside.



### 2. PREPARE THE SALAD

Pick the mint leaves and roughly chop coriander. Slice spring onions and chilli (see notes). Halve tomatoes. Toss together with mesclun leaves.



### 3. COOK THE NOODLES

Heat a small saucepan over medium-high heat with **1 cup oil** (see notes). Pull noodles apart into sections. Use tongs to add each noodle section to hot oil for 15 seconds on each side, or until puffed up. Remove to paper towel and repeat with remaining noodles. Set aside.



### 4. PREPARE THE TOFU

Cut tofu into cubes. Pat dry with a paper towel and season with **salt and pepper** and dust with **2 tbsp flour**.



### 5. COOK THE TOFU

Heat a frypan over medium-high heat with **oil**. Cook tofu for 6-8 minutes turning.



### 6. FINISH AND PLATE

Arrange crispy noodles among shallow bowls. Top with salad and pieces of tofu. Spoon over dressing to taste.

**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**

