



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pineapple


This essential summer fruit is high in vitamin C and manganese. They are picked at their peak, so there's no waiting time for them to ripen and enjoy.



1 Nasi Goreng with Grilled Pineapple

Tropical inspired grilled pineapple served over a bed of Nasi Goreng with scrambled tofu and fresh garnishes.

 25 mins

 4 servings

 Plant-Based

14 May 2021

Spice it up!

A drizzle of sambal oelek and a sprinkle of fried shallots may not physically transport you to your favourite Indonesian holiday, but it will give this dish an extra punch of flavour.

Per serve: **PROTEIN** 20g **TOTAL FAT** 6g **CARBOHYDRATES** 43g

FROM YOUR BOX

BROWN BASMATI RICE	300g
CARROTS	2
SPRING ONIONS	2
SILKEN TOFU	2 packets
PINEAPPLE SLICES	1 tin
TOMATOES	2
CONTINENTAL CUCUMBER	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), curry powder

KEY UTENSILS

2 large frypans, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

Use sesame oil in the sauce if you have some on hand.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



2. PREPARE NASI GORENG

Dice carrots, slice spring onions in 4cm pieces, reserve green tops for garnish. In a bowl combine **2 tbsp soy sauce**, **1 tbsp curry powder** and **2 tbsp oil** (see notes).



3. COOK TOFU

Heat a frypan over medium–high heat. Add tofu and scramble for 1–2 minutes with Nasi Goreng sauce. Add prepared vegetables, sauté for 3–5 minutes. Stir through rice. Cover with lid and cook for a further 6–8 minutes.



4. GRILL PINEAPPLE

Heat a second frypan or grill pan over medium–high heat with **oil**. Drain and add pineapple slices. Cook for 2–3 minutes each side until slightly charred.



5. SLICE GARNISHES

Finely slice green spring onions tops, wedge tomatoes and slice cucumber.



6. FINISH AND PLATE

Divide rice evenly among shallow bowls, top with grilled pineapple and garnishes.

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**

