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 must be supplied through the food we eat!

Spice it up!

You can add lime juice or sweet chilli sauce to the dressing for added flavour. Instead of salt for seasoning you can try soy sauce or tamari.

1

Salt & Pepper Tofu
with Apple Kaleslaw

Golden cubes of crispy salt and pepper tofu on a bed of crunchy kale slaw with a sesame dressing.

⏱ 25 minutes   🍴 4 servings   🌱 Plant–Based

28 December 2020

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	28g	45g

FROM YOUR BOX

GREEN APPLES	2
RED CHILLI	1
KALE COLESLAW	1 bag (400g)
CRUNCHY/ALFALFA SPROUTS	2/3 punnet *
SEED MIX	1 packet (60g)
FIRM TOFU	2 packets (2x 300g)

Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil, apple cider (or rice wine) vinegar, sugar (brown or of choice), salt and pepper, flour (of choice)

KEY UTENSILS

large frypan

NOTES

Line the frypan when cooking the clusters to prevent any burnt parts on the bottom of the pan. Once cooked, place seed clusters onto a plate lined with baking paper to stop them sticking.

If you prefer to not make the clusters you can toast the seeds in a dry frypan and toss through salad instead.

1. PREPARE THE SALAD

Slice the apples and chilli. Toss together with kale coleslaw and sprouts.

2. PREPARE THE DRESSING

Whisk together **2 tbsp sesame oil**, **3 tbsp vinegar**, **salt and pepper**. Set aside.

3. MAKE SEED CLUSTERS

Heat a dry frypan over medium-high heat (see notes). Add seed mix, stir in **2 tsp sesame oil, 1 tbsp sugar** and a pinch of **salt**. Cook until clusters are formed. Set aside on a lined plate to cool.

4. COOK THE TOFU

Dice tofu. Toss with **1 tbsp sesame oil, salt and pepper**. Dust tofu with **1/4 cup flour** until coated. Reheat frypan over medium-high heat with **oil**. Cook tofu (in batches) for 5-8 minutes turning until crispy.

5. FINISH AND PLATE

Toss salad with dressing and divide among shallow bowls. Top with crispy tofu cubes and garnish with seed clusters.

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**